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FUTURE HOMEMAKERS

★ North Carolina Association ★

VOLUME XI

SEPTEMBER 1963

NUMBER 1



Keys to Good Program Planning

This is your program of work calendar for 1963-1964. It is designed to help you keep a record of important FHA events throughout the year. Here are some suggestions you may find helpful.

How to use your Program of Work Calendar:

1. Record your chapter's program activities for 1963-1964 in the calendar—your chapter's plan of action for the month, objectives, projects, program, special activities.
2. List activities in proper order on calendar.
3. Indicate your personal FHA responsibilities and deadlines.
4. Place calendar in your school notebook or in your bedroom.

5. Each week refer to calendar for FHA activities.

National and State Objectives:

National Objectives: Contributing to the joys and satisfactions of family living.

Projects: Focus on Family Friendship
Marriage Calls for Preparation

State Objectives: Helping Senior Citizens in Our Community.

Publicizing, interpreting and promoting the objectives and program of the FHA chapter in our community.

Chapter Objectives:

OUR COVER—Ann Hendricks, Mrs. Ann Kilby, and Jane Lobien review national and state FHA publications at Enloe High School, Raleigh.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

State Officers 1963-1964

President—Judy Faye Smith, B. F. Grady II
Vice-President—Sandra Sadler, Pamlico Co. I
Secretary—Mary Jane Dillingham, North Buncombe VIII
Treasurer—Judy Harris, Lenoir VII
Historian—Jenny Talton, Smithfield IV
Reporter—Brenda Withers, Maiden VI
Parliamentarian—Ann Newlin, Liberty V
Recreation Leader—Willie Lee Warren, Hobbton III

District Advisers 1963-1964

Miss Sharon Daughtry, Williamston I
Mrs. Nell Hill, Farm Life II
Miss Laura Ann Martin, Orrum III
Mrs. Ialeen S. Mode, Franklinton IV
Mrs. Edith F. Knight, Stoneville V
Miss Claudia Tharpe, Bunker Hill VI
Miss Barbara Jane Hensley, Yadkinville VII
Mrs. Patsy L. Cooke, Clyde VIII

State Adviser

Mrs. Ernestine H. Frazier

STATE DEPARTMENT OF PUBLIC INSTRUCTION
Division of Vocational Education
Raleigh, North Carolina

Start the year with good program planning

—Plan the Program of Work. Include objectives, group and individual experiences, national, state, local projects.

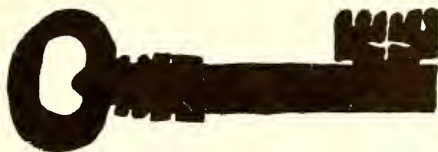
—Use the State Handbook, page 13, to help plan the program of work.

—Invite chapter parents to attend the meeting and help with program planning.

—Study the national objective "Contributing to the Joys and Satisfaction of Family Living" and the projects "Focus on Family Friendship" and "Marriage Calls for Preparation."

—Discuss possible chapter activities for use in carrying out the national objective.

—Review the State objective "Understanding and Helping the Senior Citizens in Our Community."



september

Attend the district rally

—Encourage chapter members to attend the district rally.

—Appoint some members to take notes at the meeting to share with other chapter members.

—Elect an outstanding chapter member to be a candidate for a State

office or a nominee for the office of Vice-President of National Projects.

Plan of Work:

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s	m	t	w	t	f	s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Aging	17 Citizenship Day	18 Week	19	20	21
22	23	24	25	26	27	28
29	30					

october

Appoint committees and secure resource materials on the program of work.

- Appoint a committee to study the chapter, State and national FHA Constitution.
- Appoint committees to plan chapter programs related to the national and State objectives.
- Appoint a public relations and publicity committee to report news of chapter activities to the school paper, local newspaper, and State and national FHA offices.

—Appoint a committee to keep a history book of chapter activities.

Plan of Work:

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s	m	t	w	t	f	s
		1	2	3	4	5 Rallies District I District IV District VII
6	7	8	9	10	11	12 Rallies District II District V
13	14	15	16	17	18	19 Rally District VIII
20	21	22	23	24	25	26
27	28	29	30	31		
N. C. Family Life Council Winston-Salem				Halloween		



NOVEMBER

Initiate the degrees of achievement program.

- Plan a chapter program to interpret the degrees of achievement program.
- Appoint a degrees committee which will help members plan, direct and evaluate their work in earning a degree.
- Remind members who are eligible to earn a State Homemaker Degree to send the declaration of intention and plan of work to the State office by November 15.
- Review the State Handbook, pages 15-20 on "Initiating the Degrees of Achievement Program."

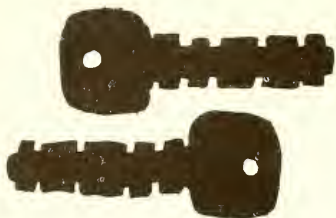
Plan a chapter budget and money making projects.

- Set up a budget for the chapter.
- Review money-making projects of previous years and select projects for this year.
- Appoint committees to work on projects.
- Review the purpose and use of State and national dues.
- Set a date for the final collection of dues.

Plan of Work:

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s	m	t	w	t	f	s
					1	2
3	4	5	6	7	8	9 Rallies District III District VI
10	11	12	13	14	15 Final date to file State degree	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanks- giving	29	30



DECEMBER

—Visit rest homes and homes for the aging.

—Send holiday cards to senior citizens in your community.

Remember the Senior Citizens in your community.

—Arrange an outing or social activity for the aging in your community.

—Plan to visit some senior citizens for the purpose of reading, listening or writing letters for them.

—Ask senior citizens in your community to plan a visit in your home.

Plan of Work:

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s	m	t	w	t	f	s
1	2 Final date for affiliation	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26	27	28
29	30	31				



JANUARY

Plan a chapter and community program on "Marriage Calls for Preparation."

Plan interviews with the county clerk or city clerk and high school administrators to find out the number of students who have left school to marry in the past five years.

Study the state marriage laws to see how these may or may not discourage early marriage and how these laws compare with those of other states.

Make a survey among young married people in your community to find answers to such questions as: What types of housing do they have? Do they rent or own? What do they pay for rent or house payments per month? What other living expenses relating to housing do they encounter? Use information for a program.

Make the findings from the above studies known to

other students through bulletin board displays and newspaper articles.

Invite married college students to a chapter meeting to help members see what is entailed in combining college and marriage.

Invite chapter parents to a meeting to discuss the experiences that are needed to help youth prepare for marriage.

Hold a discussion with your parents or other adults about how long they dated; how long they were engaged and the purpose of the engagement period; how they started housekeeping; and how they have progressed to the present stage. Then think about the question: How will I know when I am mature enough for marriage?

Plan of Work:

s	m	t	w	t	f	s
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Develop a better understanding of family members and contribute to their happiness.

—Have a chapter program on “What Is the Role of the Family” Discuss how family members contribute and how they maintain their individuality.

—Plan a special surprise for your family at dinner.

—Suggest a “family fun night” for your chapter.

—View a “family” TV show as “Father Knows

Best” and discuss its problems and solution with your family.

—Plan an outing or party for the younger members of the family.

—Help some needy family in your community to find happiness through your kindness.

Plan of Work:

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FEBRUARY



s	m	t	w	t	f	s
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



march

Make plans for celebrating National FHA Week.

- Appoint a committee to outline special activities to celebrate National FHA Week.
- Plan special chapter activities to interpret what the chapter has accomplished during the year.
- Plan a display for a school exhibit case or a downtown store window.
- Plan a school improvement project.
- Plan to attend church on Sunday with your family.

—Report FHA Week activities to your local newspaper, school paper, State and National FHA offices.

Plan of Work:

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s	m	t	w	t	f	s
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Easter						

Publicize, interpret and promote the objectives and program of the FHA chapter in your community.

—Keep the public informed about your chapter activities through your local TV station, newspaper, window displays, radio, personal contact, committee actions, demonstrations and exhibits, bulletin boards and photography.

—Study the local community to learn your best ways for publicity.

—Encourage members to write articles interpreting a worthwhile chapter or individual project for use in the "Future Homemaker" magazine or "Teen Times."

—Review the new national publication "When You Work with Others" when planning a joint project with other clubs and organizations.

Attend the State Meeting at Memorial Auditorium, Raleigh.

—Select delegates who are sincerely interested in the organization and its projects.



april

—Plan a chapter meeting following the State Meeting to interpret the program to all members.

Plan of Work:

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s	m	t	w	t	f	s
			1	2	3	4 State Convention
5	6	7	8	9	10	11
NATIONAL FHA WEEK						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Evaluate the work accomplished in the 1963-1964 FHA year and begin plans for next year.

- Check goals for the 1963-1964 year to determine progress.
- Review duties and qualifications for 1964-1965 chapter officers.
- Elect officers for 1964-65.
- Plan a meeting of old and new officers to acquaint the new officers with their responsibilities.
- Plan an executive council meeting during the summer for pre-planning next year's goals and objectives.

- Send annual FHA report to the State Office by June 1.
- Send a delegate to the national meeting July 13-17, Chicago, Illinois.

Plan of Work:

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may

s	m	t	w	t	f	s
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Caroline Says:

To be an outstanding FHA member one needs to cultivate the following qualities:

- Be enthusiastic about chapter activities and projects.
- Assume responsibilities willingly.
- Attend chapter meetings and district rally.
- Declare your intention to work on the Junior, Chapter or State Homemaker degree.
- Be imaginative and creative in planning chapter and individual projects.



PURPOSES

TO PROMOTE a growing appreciation of the joys and satisfactions of homemaking.

TO EMPHASIZE the importance of worthy home membership.

TO ENCOURAGE democracy in home and community life.

TO WORK for good home and family life for all.

TO PROMOTE international good will.

TO FOSTER the development of creative leadership in home and community life.

TO PROVIDE wholesome individual and group recreation.

TO FURTHER interest in home economics.



CONTRIBUTING TO THE JOYS AND SATISFACTION OF FAMILY

LIVING

FOCUS ON FAMILY FRIENDSHIP



FUTURE HOMEMAKERS

★ **North Carolina Association** ★

About This Issue...

"Contributing to the Joys and Satisfactions of Family Living" is the national objective adopted by the North Carolina Association of Future Homemakers for emphasis this year.

Approximately 8,000 youth attended eight district rallies this fall. The theme of each rally was centered around the values of a happy family relationship in the home.

Following the district rallies many chapters have planned projects which help members to better understand the needs of individual family members whether young or old. Some of the interesting stories of these experiences have been printed in this magazine.

It is interesting to note that throughout each article the theme of love, and appreciation has been expressed through many means of communication. Guidance, communication and citizenship have been a part of the learnings of each chapter member.

Are FHA'ers contributing to the joys and satisfactions of family living through planned experiences in your chapter?

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STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education

Raleigh, North Carolina

State Membership 26,799

Launching GOOD CITIZENSHIP Through Homemaking

Remarks by Dr. Gerald B. James, State Director of Vocational Education, before the 17th Annual Convention of the Future Homemakers of America, Raleigh, North Carolina, April 20, 1963.

It is interesting that when you see listings of various occupations, professions or jobs, homemaking is usually *not* listed even though homemaking is the *largest single occupational group in our society*. I often wonder why it is not listed; some say it is because homemakers don't get paid or don't "make any money," but you and I know that homemakers can and do "make" and/or save more money than many people who work full time outside of the home.

There is something even more important, however, than the dollars side of the story. Homemakers are in a position of almost frightening responsibility and power in present society. The homemaker is the nucleus of the family which is the most important facet of total society. She is the nucleus in that she has a key responsibility in managing the home, spending family income wisely, providing food, clothing, and shelter for the family, and keeping the family well and happy. She must deal with caring for and guiding the development of children, providing family recreation and developing good family relations.

Abilities in these areas are needed whether one decides to be a full-time homemaker, a homemaker who worked outside the home also, or a careerist. Let's take a brief look at these:

- **Full-time homemaker**—As we indicated earlier, full-time homemakers constitute the largest occupational group in present society.



Dr. Gerald B. James, Director Vocational Education, Department of Public Instruction, Raleigh, N. C.

- **Homemakers who work outside the home also**—This group include 40% of the mothers in the city of Raleigh. It appears to me that it is even more important that these people have the benefit of home economics education than others. They have a need for even greater efficiency in the home since they devote much time outside the home.

There is an increase in job opportunities outside of the home for those trained in home economics. Opportunities are available in such areas as:

- Food services and nutrition
- Alterations and clothing construction

Our Cover: Members of a panel discussion group at Northern High School (Durham County) on family and teen-parent relationships are, left to right, Richard Wilkerson, Susan Belk, Sheila Colclough and Mike Bateman.

- Child care centers (Care of children of working mothers)

- Care of the aging

- **Careerist**—Here I refer to those who follow home economics education as a professional career. I would encourage any of you who feel at all inclined to do so to pursue home economics education on through the college level. There currently is a shortage of trained people in home economics. Job opportunities are available in:

- Public school teaching (78% of high schools in North Carolina offer home economics. This should be expanded to all high schools)

- Extension home economics work

- Business and industry (including nutrition, clothing, appliances, etc.)

The homemaker is the nucleus of the family; the family is the foundation of our society; the homemaker has many responsibilities, not the least of which is the responsibility for the development of the value system of the family:

- personal values
- respect for the rights of others
- what is good and what is bad
- what constitutes pretty and ugly
- what constitutes right and wrong
- code of ethics and moral standards
- perspective of good citizenship

The home, the church, the school—in fact, all institutions of society—may teach something about citizenship but out in front in the key position is the home. *The key to launching good citizenship then is through homemaking.* Knowledge of foods, nutrition, clothing, textiles—these are all important but a homemaker must know and be more than one highly skilled at cooking and sewing and managing family finances. Nazi Germany of the 1930's is the best example in modern history of a people highly skilled but not trained for citizenship. We want most for our people in North Carolina to have more than skill in sewing and cooking. We want good citizenship. Home Economics Education then has values of great breadth—the development of specific skills in a number of areas but perhaps most valuable of all the key to launching good citizenship is through homemaking.

Honors Senior Citizens

By SANDRA SADLER
State Vice-President

When Governor Terry Sanford designated September 15-21 as "Special Time for the Aging," the Pamlico County Chapter of Future Homemakers of America recognized this as being an excellent time to begin work on the State FHA project, "Helping Senior Citizens in the Community."

It all began with a class discussion. The governor's proclamation was called to our attention. This immediately reminded us of our project. "Are we going to participate?" asked one girl. "What could we do?" asked another. "We could read to some of the senior citizens or take them fruit or flowers." "My neighbor likes to go riding, but she seldom gets an opportunity. I could offer to take her riding." "Sometimes I buy groceries for Mrs. Jones who lives near me. Perhaps others could do the same."—Thus the conversation went.

Before long many suggestions had been given as to how we could con-

tribute to the project and publicize the week. Each suggestion was noted. At the end of the day a special committee got together to make definite plans. The suggestions given

by classes were compiled and a copy was made for each FHA member.

It was decided to arrange for spot announcements over two New Bern

(Continued on page 9)



Peggy Liles (left) hands cake to customer at curb market.

FHA'er Makes Her Way

SELLING

AURELIAN SPRINGS CHAPTER

Peggy Liles has found that there are more ways to get the things you really want than just asking your parents for the money.

Peggy felt that if she could only get to FHA camp which is held each summer at White Lake, that it would broaden the horizon for her and help a great deal with her FHA work.

At the time, she did not feel that she could ask her parents to finance this venture for her, so what to do?

She received her Junior degree in FHA work last spring and represented her school as song leader for

the group for 1963-64, and is so interested in every phase of FHA work.

After thinking over things in a very intelligent way, she decided that since she had two aunts who sell cakes and other goodies at Farmer's Market in Roanoke Rapids each Friday, that perhaps would be a chance for her to bake cakes and sell them at her aunts' stall in the Market.

Of course, she had to develop her skill in cake-making first, but she finally got to where she had a variety of cakes, all good! Her favorite, however, turned out to be Devil's Food Cake with a chocolate icing.

What started the chain of events then is not known, maybe it was "fate" or any one of a number of things, but one of the aunts had to have surgery and was not able to sell anything at the Market for three or four weeks, so this is where Peggy stepped in with her cake-making skill.

She sold enough cakes to meet her registration fee and to purchase a few necessities to carry with her. She says that she usually sold about 15 cakes each Friday, and was delighted when some of her customers came back for more of her cakes!

While at camp, Peggy was most enthusiastic about participating in all camp activities. She led the camp in special activities, played the auto-harp and led the singing.

Now Peggy plans to use her camp-

(Continued on cover 3)

Adolescence

A Time of Decision

By JUDY HARRIS
State Treasurer

A warm, cheery lady asked the group before her. "Adults, do you know and understand all you need to know and understand about adolescents? Adolescents, do you know and understand as much as you need to know about adults?" And so began the meeting of the North Carolina Family Life Council.

What an outstanding meeting this was! Have you ever been able to hear an expert college professor speak on the subject. "The World Confronting American Adolescents?" Have you ever heard a college professor give an informative, concise discus-



Judy Harris

sion of values and decisions in the lives of adolescents? Have you ever listened to an animated panel discussion on youth and their problems by teen-agers and noted experts? Have you ever been able to meet college professors, psychologists, psychiatrists, and other learned people and really talk to them? Well, this is what made up the Council meeting.

The North Carolina Family Life Council meeting was held in Winston-Salem at the Hotel Robert E. Lee on October 27-29. I was your delegate representing the North Carolina Association of Future Homemakers. The theme of the meeting was, "Adolescents in American Society in the 1960's."

On Sunday evening at the opening session, Dr. Dale B. Harris, Head of the Department of Psychology at Pennsylvania State University, delivered a speech on "The World Confronting American Adolescents."

Dr. Margaret Meade, a noted anthropologist and writer, has said, "In order to understand American youth today, one must understand

their world." But what is the world confronting American youth?

Certainly it has changed rapidly in the last fifty years. Most obvious is that adolescence has lengthened. Adolescence can now span a range of time from age 12 to early 20's.

Adolescents must make adjustments differently and face different adjustments. But what new adjustments do we face?

First is the rapidly changing social scene. There are new concepts of work and fewer jobs for unskilled workers. Forty to fifty percent of all young people go on to post-high school training. Forty-eight percent go to college. This is quite different from the world our parents faced as young people. This is one of the new adjustments we must make.

Secondly, demands on youth are different. There are more varied high school subjects and extra-curricular activities which make demands on us. Our culture is sex-centered, and youth is pushed into early dating and maturity. We must do well in school; we must get into a good college; we must participate in school activities; we must go steady or at least be dating. We must do all things to be accepted by the "crowd" and the world.

Adults are making still more demands on youth. Adults want young people to take responsibility. Young people want to accept this responsibility; but since they don't know how, they look to the group for responsibility.

Adults' inconsistency is another demand on youth. Adults say that youth are social assets and then turn and say that they are social problems.

All these demands are bearing heavily on today's youth.

These are a few of the phases of the world confronting youth today that Dr. Harris discussed.

The following Monday morning Dr. Helen Buchanan, Associate Professor of Child Development and Family Relations at the University of Tennessee, spoke on the topic, "Values and Decisions in the Lives of Adolescents."

Today's young people place a great value on social acceptance and this passion for acceptance and popularity causes conformity and a change in values.

"Values are mostly caught rather than taught." We get our values first from our parents and then from the "group." Did you know that by late adolescents most people have found what their values are and have set them in their lives? A survey has shown that eighty percent of college students do not change their values during college. Dr. Buchanan emphasized that, because of this fact, it is imperative that young people seek and find the right kind of values for their lives in order to become responsible, useful adult citizens.

One of the most interesting parts of the meeting was a panel of teen-agers discussing problems of youth. Here are some of the questions asked. Try to answer them yourself. They're not easily answered.

What are the problems of youth?

What should the role be of the church, the school, and the home in a child's development?

Do you feel that the church, the school, and the home are doing for young people what they should do?

How can the problem of communication between parent and child be rectified?

Monday night's program provided a "Worry Clinic" for adolescents and parents. A panel of experts answered questions brought up by adults and teen-agers in the audience.

Following this lively discussion, Dr. Dale Harris spoke on the topic, "Work in the Lives of Adolescents." Why do teen-agers work? Here are four reasons.

1. Teen-agers are healthy and able to work.
2. The adolescent is concerned with establishing roles.
3. Teen-agers want to work.
4. Money is important to young people.

Tuesday morning's session was devoted entirely to the theme, "Opportunities for American Youth."

Douglas Carter from the Governor's School for Talented Youth discussed this new project. The school opened June 10, 1963 at Salem College, with 400 students from 85 counties. The Carnegie Corporation supplied \$225,000 to begin the school. Winston-Salem businesses

and corporations "rose to the hour" and matched this sum.

But what is the purpose of this school? In high school, academically talented students do not get an opportunity to discuss problems and concepts in depth. The Governor's School provides this opportunity. No grades or credits are given for the studies, but the student learns things that he would not normally learn in his regular courses in school.

Richard W. Boone of Washington, D. C., spoke to the Council on the National Service Corps, a type of domestic Peace Corps. He outlined the goals of the Corps as follows:

1. To work directly with the people and their needs.
2. To dramatize the need of the people.
3. To motivate people in a community to give of their time to help.
4. To stimulate people to go into service professions.

The bill proposing the establishment of the National Service Corps has not been passed by Congress, but it is indeed a worthy bill that should be passed. What help could members of the Service Corps provide for your town? Imagine what a great service it could render to the entire nation!

This Corps could help young people to understand problems of the day and how to meet them. The young people would be working with those who need them most. A young person could find his place in his world.

His place in his world! But just what is his world? It is a world of conformity, but also a seeking for individuality. It is a place of demands and also unqualified in the rest of the world for freedom. It is a world of responsibility, but lacking responsibility. It is a world of irony and contradictions. It's a crazy, mixed-up world, but still we must admit that it's pretty wonderful.

The 1963 meeting of the North Carolina Family Life Council explored the question of what our world is and tried to find the answer. Each meeting's speakers sought to enlighten adults on the world and problems facing adolescents and ways that they can come to understand young people better.

An eight-year-old girl once said that the following things made up today's teen-ager and composed his world: Money, good looks, good clothes, Weejuns, girls, and boys. Does this observation fit the modern American teen-ager? Is this a true picture of "Adolescents in American Society in the 1960's?"

Have one member of the staff as your regular "contact"—someone to check in with each time you come. Be sure to check in with this person. Your contact, too, should have a responsibility to be available when you come, and to brief you about patients to visit, and to be the one to whom you can take any problems or suggestions.

Understand clearly the types of things you are to do. The staff of the nursing home should also clearly understand this. You should not be asked to perform services for which patients pay. You and the nursing staff should adhere to this rule.

Keep in mind the responsibilities which are inherent for the nursing home in the handling of patients. Many of the nursing home guests are mentally and physically incompetent. Bear this in mind when furnishing services such as lifting patients, taking them for rides, writing letters, or mailing letters for guests. Obtain permission from the nursing home administrator.

Plan visits regularly whether they are once a week or once every two weeks. Your visit may be the one thing the patients are really looking forward to and counting on. Work out your schedule with the nursing home and stick to it. The nursing home should have the responsibility of being ready for your visit.

Be confidential about the things you hear within the nursing home. Remember, there are always two sides to every story. Sometimes people don't have the whole story and sometimes facts get distorted in the telling.

Don't be impatient for results. Remember, we're all different and some people take awhile to respond.

Go with another visitor. It usually works out better for two or three to go together.

Be a good listener. Some of the patients will talk to you as they won't talk to families or staff, and so respect their confidences.

Do remember, most of all, those you visit are persons—maybe not as young, as well or as happy as you, but still persons. Do treat and respect them as such.

Don't be scared off by these suggestions. It's better to have a clear understanding of what you are doing.

The rewards you will experience in terms of helping your fellow man will far exceed the effort you expend.

How to Be a Friendly Visitor in a Nursing Home

By MAE CRANDALL

Recreation Adviser, N. C. State
Health Department, N. C. Nursing
Home Association

The activities needed in nursing homes are as follows: Friendly visiting; small personal services; reading, including Bible reading; shopping for small items; letter writing, but only with knowledge of administrator of nursing home; telephone calls, but only with administrator's knowledge; TV viewing; movies—generally indoors, but some trips out, with the approval of administrator; parties and party games; providing music and musicals; taking patients to gardens and/or for rides, but only with

approval of nursing home administrator and relatives.

Understand why you are a friendly visitor and you'll do a better job. Most persons in nursing homes are there for a long time. Most are chronically ill. For some the emotional needs are even greater than the physical needs. It will mean so much to them to see a fresh face, a friendly smile, a willing pair of hands, an understanding heart.

Plan ahead. Try to visualize the pitfalls as well as the pleasures. Think about what your responsibilities are and what are the responsibilities of the nursing home.

Meet the administrator and learn something about the nursing home.

Ginny Drake, Better Than Others . . .

'Sees' Thanksgiving's Meaning

North Buncombe Chapter

Ginny Drake's sweet smile—the one that has been missing for so many months from the dry cleaning shop in Weaverville—was back again in full force Thursday evening in North Buncombe High School.

It was Ginny's 26th birthday. She couldn't see even one person present, but an estimated 200 friends and relatives were out to surprise her with a big birthday party, sponsored by the North Buncombe FHA chapter, of which she is a former member, and the Weaverville Lions Club, who are standing firmly by Ginny in her new blindness.

You see, Ginny Drake lost a birthday last year, along with a Thanksgiving, a Christmas and a New Year's celebration.

A visit to an eye specialist to check further on the cause of the blinding headaches and blurred vision that glasses couldn't seem to improve had resulted in a quick trip to the operating table for removal of a tumor behind her eyes which, doctors said, would soon have burst, had the operation been postponed much longer.

She was to remain in the recovery room for nearly a month, completely out of touch with her family—indeed, out of touch with life—before the slow climb back to health began.

Her mother didn't see her for three weeks. A nurse in the recovery room who was a former North Buncombe student, was able to reassure her and tell her that Ginny still lived.

Live she does! Ginny Drake was so delighted with this year's birthday that she had invited as many friends as she could contact to come help celebrate at her own home.

But more friends than could be accommodated at her home wanted to have a voice in the occasion—and that's where Mrs. Claire Rector and Mrs. Frances Bartlett, advisors to the FHA and Wiley Smith of the Lions Club, stepped in. Mrs. Rector and Ginny are in the same Sunday school class at the Weaverville Baptist

Church to "see" voices, and Smith sees to it that Ginny is able to get to the church each Sunday.

Says Mrs. Rector, "Ginny has always been so active—she's one of North Buncombe's very best rooters, especially in football and basketball—and she's always had the sweetest, friendliest smile—a word for everyone—a joke, some comment to make you feel better . . ."

On Thursday, then, Ginny's sister, Mrs. Jay Arrowood, enticed her over for a "hair-fixing" for the big evening ahead—to be at her home, Ginny thought.

At 7:30, the celebration began, indeed, but in the high school lunch room, the better to hold the crowd.

The program for the evening began with speeches of welcome from Wiley Smith for the Lions, and from Hattie Jo Arrowood, president, for

the FHA. Mrs. J. B. Roberts, presented "An Appreciation of You," followed by the entertainment of the evening (Ginny's favorite), four quartets: the Peek Family quartet from Flat Creek, the Singing Metcalf's and the Melody Five from Weaverville, and the Weaverville Barbershop Quartet.

Mrs. Arrowood helped her sister with opening her gifts and blowing out the cake candles. Major gifts were the help in polishing off the remaining \$250 medical bill from Ginny's surgery, and the little red-ribbed kitten the FHA girls gave her to take the place of the pet that Ginny figures "the cow must have stepped on—I can't think of anything else that could have happened."

Ginny is cheerful and hopeful, even in the face of one more operation. She's learning to read Braille and she's hoping, someday, to be ready for a Seeing Eye dog of her own.

Meanwhile, Ginny is—perhaps more than most of us—ready for Thanksgiving.

45 FHA'ers FROM NORTH CAROLINA ATTENDED THE 1963 NATIONAL MEETING IN KANSAS CITY, MISSOURI

The 1964 National Meeting will be held July 13-16 at the Conrad Hilton Hotel, Chicago, Illinois. The theme of the meeting will be, "Education—An Endless Challenge."

North Carolinas' delegate quota is 129. Future Homemakers who are interested in attending the national meeting are requested to write to the state office to make reservations by April 15, 1964.



Does Your Community Know About FHA?

By MARY JANE DILLINGHAM
State Secretary

FHA'ers are you on the alert? About public relations, I mean? Are you telling others about our organization? Do they know what your chapter is doing?

Where does public relations begin? Your chapter is the place. Chapters need good planning and good organization. Because year-long public relations are very important, begin your plans early. Review last year's activities and continue successful ones; add some fresh ideas that will include other groups in your school and community.

This year our chapter co-operated with the Student Council in sponsoring a float for homecoming. We felt that this was a good display and helped us come in contact with the public. We also use bulletin boards and displays at the public library in the local community.

Another way of letting the public know what you are doing is to have a banquet or fashion show. For a change invite the fathers. It's always good public relations to include your parents.

This year our chapter is going to sponsor a dance open to all students in the school. This is a good example of student relations.

How's your newspaper public relations? We work with our community reporter because she has more influence with the local paper. Remember that news is news right after it happens, not two days later.

Many times TV stations will work with you on a large scale (county organization or several schools combined).

Don't forget the senior citizens in

(Continued on page 7)



The Beaufort, N. C. Future Homemakers of America use the national and state magazines and let the public read them too. Copies of the two magazines are given to the school library, principal, and to the beauty shops in town. A copy of each is always kept in the department for the permanent files. This scene is in the Beaufort Beauty Bar. Left to right are: Ginny Duncan, a former FHA member and officer; Mrs. Pearl Hall, the customer; and Mrs. Alma Tilghman, the operator and mother of a Beaufort FHA member.

Homes Are for Happy Families

By BRENDA WITHERS
State Reporter

Is your home a place where you like to go because you are happy there, or is it in the words of Robert Frost "the place where when you go, they have to take you in"?

The purpose of our family friendship project is to make yours a happy home for every member.

Family friendship is a give-and-take proposition. It takes an equal amount of effort on everyone's part. Before you can have a happy home, you must understand the character and personality of every person involved. Special considerations and approaches must be used according to the individual.

My project this year was flown in direct from Turkey. Being an American sister of a Turkish girl is giving me an opportunity to use the knowledge gained through three years of study in home economics and association with Future Homemakers.

Teaching our customs to someone else places them in a new perspective

for me. My sister learns many new things every day, and so do I!

Communicating is something very

The Withers family, Maiden, N. C., found Christmas a wonderful occasion for getting to know Tezer Toksari, foreign exchange student from Turkey. Tezer (third right) attends classes and chapter meetings with Brenda Withers (second right), State Reporter.



difficult. Usually it is much easier to show than to try to explain. More than once you feel like completely giving up, but then you think about how you're trying to teach her about family friendship and things seem to become easier.

In so many countries of the world, the home is not the center of society as it is in America. For my sister to be able to talk to my parents, especially my father, anytime she has a problem is something very new for her. The importance we place on our family togetherness is also different for her.

The home is the backbone of the American Nation. A house is not a home until the people living in it make it one. A home must be built on the cornerstones of love, faith, respect, and security because it must last a lifetime. It must be a strong and fortified haven for those living in it.

Remember that as chapter members, you have an opportunity to learn how to develop your present family life and to make a success of your future life by participating as your chapter carries out this objective.

FUTURE HOMEMAKERS DISCUSS CHANGING SOCIETY

Northern High School Durham County

The Northern High School Chapter of the North Carolina Association of Future Homemakers of America has been recently concerned with the affairs of teens and adults in a changing society.

After discussion in a recent chapter meeting, members contributed questions they wanted answered by parents so they could determine the feelings of parents about what is expected of them.

A survey sheet was composed by chapter members and the chapter advisers. Questionnaires were sent to parents of students at Northern High and 250 questionnaires were distributed to students.

In order to give equal emphasis to youth as members of the family and as potential homemakers, two projects were planned. They were: focus on family friendship and marriage calls for preparation.

During the survey the group learned many things about teen values. Many teens thought their parents were indifferent to teen needs and didn't understand them. Some small student groups began discussions on "My parents Don't Understand Me" and "Why Do Adults and Teen-agers Often Disagree?"

The groups were disturbed about the number of school drop outs that are caused by marriage. Some of the questions that the groups wanted answered were: Why consider religion in marriage? Is cultural background an important factor in personal adjustment? Are young married couples willing to sacrifice some of the comforts of the home they are leaving to start a new home for themselves?

Many members of the group felt that their parents weren't responsive to these questions about marriage or suspected teens of a scheme for quick marriage. Some said parents would not accept the fact that they were growing up. They wanted help from adults to mold their lives and felt that this need could be satisfied by more discussions with parents.

The results from the parents' survey indicated that parents felt a stu-



A Wake Forest family uses leisure time for creative activity. Pictured left to right are: Christine Parker, Vice President, Wake County Federation; Mrs. Clifford Parker and Judy Parker.

dent should be home from a regular date from 10-11:30 p.m. None of the parents felt that teens should go steady in high school. Some of the things parents felt teens should do around the house were to feed pets, clean house, mow the lawn and wash dishes.

Parents indicated that their teen-agers spent between one and 10 dollars each week and 70 per cent of them said that the teen-ager worked for his own spending money.

The primary suggestion that parents gave to teen-agers was to get a good education.

The student questionnaire indicated that the three most important things to make a happy marriage were understanding, respect and loyalty. They felt that the three most important things to keep a family happy were budgeting the family money, attending church together and planning recreation together.

The group felt that their survey was beneficial to both teens and parents as a means of better understanding each other. One 14-year-old girl said, "I believe life in homes today could be improved if families planned and worked more together."

DOES YOUR COMMUNITY

(Continued from page 6)

your community. You can improve public relations with them by visiting nursing homes and hospitals. Spreading good will and just being there gains their support.

Though there seems to be no set formula for successful public relations, it may be helpful to include these ingredients:

- a pinch of fun in your programs
- a sprinkling of education in some programs

- a dash of community service
- baste with family activities

Top with personal enthusiasm and serve all year long.

Every contact with another individual, group or organization, every telephone call, every letter, every news story, every radio program or television show—in short, any and every contact with the community in which you and your chap-function—is a part of public relations. They may not be so labeled in your mind, but they are public relations.

Chapter Chatter

Twenty-five enthusiastic FHA members of Celeste Henkel chapter along with their chapter advisor visited the Glenn Lee Rest Home in Statesville. Upon arrival the girls sang some old and familiar hymns. Following the song period, refreshments of pound cake and punch were served to each of the thir-

teen members of the rest home. There was an extra sparkle of delight added to the proceedings when it was discovered that one lady was to celebrate her birthday in a few days. After singing "Happy Birthday" to her, the girls mingled among the other members of the home.

The Dallas chapter chose the Thanksgiving season as a time to help senior citizens in the Gaston County Home. Tables were decorated and delicious cookies were made and served to the residents.

The Future Homemakers of Farm Life chapter cooperated with the lunchroom

in observing National Lunchroom Week, October 13-17.

Among the activities carried out by the members were:

1. Made a short talk each morning over the school "inter-com" system stressing the value of three nutritious meals each day, economy of school lunches and the importance of student participation.
2. Kept fresh flowers on the lunchroom tables daily.
3. Rearranged tables and chairs for variety and attractiveness.
4. Made posters for halls and lunchroom.
5. Priced foods and compared the cost of foods served in the lunchroom with the cost of food if it had to buy and serve it.
6. Compared nutritive value of school lunches and snacks bought from the school supply room for the same cost. The result of this project was most gratifying in that more students ate lunch in the lunchroom.

The Future Homemakers of America chapter at Hamlet High School sponsored a "leadership workshop" for benefit of the officers of the various high school organizations—the Dramatics Club, Science Searchers, Future Teachers and others. Edward L. Lentz, school guidance counselor, spoke stressing the value of "dynamic leadership" to the clubs. He declared that the clubs and organizations in the school are "the best place to develop the leadership we will need in this atomic age."

Had curious person peeped through the door into the home economics department at Harding High School recently, his eyes would have come to rest on an assortment of very delicious food. Each member brought some of her specialties in the way of culinary arts to a chapter meeting and the food was shared picnic style.

A delightful hootenanny was the highlight of the freshman initiation into the John A. Wilkinson chapter. Members gathered around a campfire and sang folk songs, after which they enjoyed roasted wieners.

The Laurinburg chapter of Future Homemakers has decided that it is time for senior citizens to be recognized and appreciated. Taking full advantage of the week set aside by Governor Sanford for Senior Citizen's Week, the FHA'ers tried to make these almost forgotten members of society feel wanted again. Each girl visited at least one older person during the week. Sometimes, a small gift was given, but the most appreciated gift was that of knowing that someone cared enough to visit.

The Murfreesboro chapter of the Future Homemakers of America has chosen "Helping Senior Citizens in the Community" as their local project for the year. With very little funds available they decided that to remember some of the many senior citizens in the area was all that could be done at the present time.

Hiddenite Future Homemakers Honor Senior Citizens

By HIDDENITE CHAPTER

In carrying out the state Objective—Helping Senior Citizens in the Community—Hiddenite Future Homemakers had as their guest speaker for the November meeting Mr. E. E. Lackey of Hiddenite. This was really the objective in reverse—Senior Citizen Helps the Community—for Mrs. Lackey has contributed to her community for many years.

Mrs. Lackey, affectionately known as "Miss Addie", has lived in Hiddenite all her life. She is eighty-two years old, has seven children, and twenty-seven grandchildren, and seventeen great-grand children; but she has not retired to her rocking chair! Although she lives alone, she is not lonely, for she leads a busy and useful life. Through her interesting hobby

of making handmade dolls, she contributes to the support of her church. Her dolls have become known throughout the state; and she has sold some in other states, and foreign countries. All the proceeds from the sale of her dolls go to The First Methodist Church, her church, in Hiddenite. She has been making the dolls for eight years, and gets so much satisfaction from her work that she says "I'm the happiest I have ever been in my life."

In her talk to the FHA she told of the history of Hiddenite school and of her teaching there sixty-five years ago. Although she had the equivalent to only a high school education she has continued to study and learn and is now learning through the courses taught on television. In addition to her hobby she reads good books and keeps up with current affairs through her newspapers.

Mrs. E. E. Lackey shows interesting dolls she has made to Barbara Icenhour, President, Hiddenite Chapter.





Fruit baskets were packed by FHA'ers at Thomasville Sr. High School for distribution to senior citizens. In this way the youth observed Senior Citizen Week. In the photo are (left to right) Sherry Hager, Danna Taylor, Cannie Beasley, Frances Traxler, Sharan Gusa and Sandra Workman.

"Thinking of you" cards were made by the girls and sent to over 40 senior citizens.

The **North Buncombe** chapter has selected as its money-making project for the year, selling chocolate candy bars in the community. The money received from this candy will be used for department improvements.

A group from the Future Homemakers of America Club at **North Rowan High School** made and served refreshments to the Golden Age Club at the Spencer "Y".

The **Shelby** chapter honored a state FHA honorary member, Mrs. Roger Laughridge, during Senior Citizens Week by presenting her a large surprise package containing notepaper, all-occasion cards, postal cards and stamps.

FHA'ers in the **Thomasville Sr. High** chapter packed six fruit baskets and distributed them to senior citizens in the community. Chapter members became more aware of older citizens in the community and how they might help them.

SO YOU'RE AN OFFICER!

By PEGGY DENNY
TARBORO CHAPTER

Reports after reports have come in herds, And now I'll summarize in fewer words.

Presidents—In your hand was placed this gavel
Use your authority to make your FHA travel.

Vice-Presidents—Are your problems programs?

Do you find yourself in many jams?
Take these ideas learned today
Use them in your FHA.

Secretaries—How were the records kept last year?
Were they neat, legible and clear?
If they were—keep them the same
And everyone will be proud of your chapter's name.

Treasurers—Do you now have any profit making ideas?
If so—don't delay,
Put them in use today.

Reporters—Do your job and do it well
Make sure you write about your chapter and tell
All worthwhile projects you have done
For humanity and for fun.

Historian—Don't let an article pass you by
Put it in your scrapbook and tell why.
Why it is then you will know
But to others you must tell and show.

Parliamentarian — Parliamentary procedure is not hard to learn
From it order you will earn.
Know the rules and know them well,
So to others you may tell.
Conduct meetings in an orderly style,
And corrections won't be made all the while.

Now this meeting has come to an end
Things learned will be taken within.
I'm sure each and everyone can say
This has been a profitable day.
Let's surely say—HAVE FHA WILL TRAVEL.

HONORS SENIOR CITIZENS

(Continued from page 2)

radio stations, to write a short article for the paper, to put a poster in the school library, and for each girl to

perform one or more individual projects during the week.

To show what had been accomplished, a bulletin board was prepared with the caption, "We Helped Senior Citizens." The participants were asked to write what they had done on a card. These cards were then placed on the board. Much originality was shown. Some of the cards were cut in a shape to depict the deed done, such as a car to show a Sunday afternoon ride. Others were illustrated with attractive drawings. As the work being done by a few was observed, others were stimulated to participate until the board was filled.

The participants were greatly rewarded, not materially, but with the satisfaction gotten from bringing a little happiness and a radiant smile to faces of those often forgotten.

This reward prompted many of the girls to continue these deeds long after the bulletin board was replaced. Why? They realized that not only did they give, they also received. They received the benefit of the wisdom of many years of experience and the satisfaction of knowing they were contributing to their FHA. They received the heartfelt gratitude of many older citizens who felt that the world was passing them by, and who believed they had served their time, had given their gifts, and now were fit only to sit around and wait.

What more proof of satisfaction would one need? We suggest that you try it. Give these aging citizens a chance to rejoin the life that they now are "watching from the sidelines."

SELLING

(Continued from page 2)

ing experience in having a successful FHA program in school this year.

This young high school Junior has gained much satisfaction from her cake-baking project. She does not have enough time now that school is in progress to make cakes for sale, but she still goes to help her aunts sell on Friday afternoons.

Her cake-baking project has been good for Peggy in several ways, for it helped her to gain in the knowledge of purchasing (all her cake materials had to be purchased the day before) and it also helped her to learn the art of meeting the public and the experience of retailing.



Our Day Will Come

A Tribute to Senior Citizens

Listen, my youthful and vigorous friends,
Youth is a blessing, but even youth ends.
Today we are happy—glad to be young.
We take youth for granted; life is such fun!
We never think twice about growing old.
Old folks we leave behind, out in the cold,
We give them a minute and a quick "Hello,
I hate to run, but I really must go!"
They accept our excuse with a sad little smile.
But deep down they whisper, "Won't you stay awhile?
I want so much to talk to you, my dear.
Come and sit with me, lend a bit of cheer.
Help me recall the days I once knew.
When life seemed rosy, as it does to you.
Youth and life will soon end for me.
But you'd be surprised how happy I'd be,
If you would just take a minute or so
To tell me things that you don't mind I know.
Tell me about yourself—about your life.
You've had so much ease and so little strife."

These thoughts come with others of their kind
When age moves on and leaves youth behind.
We do not take time to think that age
Will claim our youth and give us that stage.
But this stage will come when we, too, will say,
"Come, young friend, take my loneliness away!"
Come, fellow youth, let us learn together
How we can make the harsh winter weather
Seem as springtime to those who are alone.
Take time to bring sunshine, when it seems gone
From the lives of folks who have done so much.
Return their kindness; help them keep in touch.
This task won't be too difficult to do
If you think of the time they've spent with you.
We owe them so much; so little we give.
But show them love, it's a reason to live.

PEGGY DUPREE, Angier, N. C.



FUTURE HOMEMAKERS

★ North Carolina Association ★

« « Important Events to Come!! » »

VOCATIONAL TEACHERS SUMMER CONFERENCE

August 3-7, 1964

FHA CAMP

Two weeks for leadership training, music, crafts and recreation had been planned for August 10-22 at White Lake. Pre-registration forms were included in the envelopes distributed at the State Meeting and should be returned to the State Office by May 1.

Due to the tremendous number of chapters wishing to attend camp last year, it was necessary to set a quota of delegates each chapter may bring this year. Space is provided on the pre-registration form for you to state the number of delegates you would like to bring. If cabin space is available after May 1 the quota may be increased.

NATIONAL MEETING

Reservations for delegates to attend the national

meeting are being taken very quickly. If your chapter is planning to send a delegate mail the application and a check for \$145.00 to the State Office by May 15.

ANNUAL REPORT

Annual report forms were included in the State Meeting registration materials. The data requested is part of a national effort to determine what age girl is joining the FHA and some reasons why other ages are not joining or continuing their membership.

Please fill in the report form and return it to the State Office immediately.

OUR COVER—Two Future Homemakers are shown practicing one of their projects—in makeup—as a part of their studies in home economics at Durham High School. Left to right, they are Carolyn Harris and Beth Smith.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

State Officers 1963-1964

President—Judy Faye Smith, B. F. Grady II
Vice-President—Sandra Sadler, Pamlico Co. I
Secretary—Mary Jane Dillingham, North Buncombe VIII
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STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education

Raleigh, North Carolina

State Membership 26,841



we share or do we monopolize? Do we insist upon our favorite television program? Do we stay in the bathroom so long in the morning that Mom and Dad don't have time to get dressed before work, or that brother or sister will never make it to school on time? Sharing means sharing, not monopolizing! As a family we have to share the same house and all within it; we should also share in the interests and needs of the other family members.

Next a family *needs* to get along together. As part of a family unit, we must work with, understand, help, and love the other members in the family. "Getting along" with one another is a very important "need to" for harmony within the family.

Then as a member of the family group, we *want* to do things with our families. We like to share com-

mon experiences; such as going on picnics, participating in community activities, and attending church. We like to talk with our families and get their ideas on various subjects.

There are certain elements which can be found in all. Love is a very important element. "Love thy neighbor as thyself" is a commandment which holds true for family members. If we love our families, we won't mind the sharing and the working.

In addition to love, family members *have* to have understanding and respect for one another. We must understand their needs, help them with their problems, and respect their wishes. Every person in the world needs to feel that he is wanted, needed, and loved. Everyone needs that feeling of security. Girls, we must make an effort to understand the emotional needs as well as the other needs of family members.

Next comes co-operation. Our families are corporations in the sense that as groups we must work together—giving, taking, and sharing.

Of all the elements necessary in a happy home, God is the most important. "God is love," so if God is present in our homes, many other elements will also be there. Faith in God is the anchor that holds a home secure against the storms of life. A happy home must be a Christian home. Let us remember always to "Do unto others as we would have them do unto us." If everyone remembered this rule and obeyed it, there would be *few unhappy homes*.

As chapter members let us strive to make God the center of our families. Let us ask ourselves this question: Is my home a place of friendliness, peace, hospitality, and Christian fellowship? If not, let us strive to make it so. As good FHA'ers, let us *find* or *build* that Doorway to a Happy Home.

Doorway to a Happy Home

BY ANN NEWLIN
Liberty Chapter
State Parliamentarian

One night not very long ago, I dreamed that I was talking to my fairy godmother. I remember her saying, "Ann, you may have one wish. What will it be?"

"Just one," I muttered to myself, "but how can I choose just one!"

While thinking of all the wonderful things that I would like to have, I awoke. I have thought about my dream, and what I would choose if I had the opportunity. Of everything in the world, I would wish for a happy home. Maybe I would be cheating my fairy godmother because with a happy home, many other wishes would be fulfilled.

Let's remember that a happy home doesn't just happen; it grows that way because the people in it are willing to work at it and cultivate it. If you have a flower garden, you know that you have to work it, give it the plant food it needs for proper growth, weed it, and sometimes just nourish it with TLC—tender loving care. A happy home is much like a flower garden. You have to work at it, and make sure that all the *have to's*, *need to's*, and *want to's* are present.

The first of these, the *have to's*, involves the element of sharing. Do

mon experiences; such as going on picnics, participating in community activities, and attending church. We like to talk with our families and get their ideas on various subjects.

We as FHA'ers should *want* to make our homes, happy ones. That means that all the "have to's," "need to's," and "want to's" will be present in our family groups.

Girls, what else denotes a happy home? A happy home is many things to many people. To one it may be a little weather-beaten old farmhouse, to another a mansion or a large estate, or an apartment in a busy city. Yet if it is a happy home,

STATE FHA CONSTITUTION CHANGED

Voting delegates at the State Meeting on April 4 approved by a two-thirds majority the proposed constitution change. Article III, Section I. Dues—now reads: "Annual membership dues in the State Association shall be determined annually by the State Executive Council not to exceed \$1.00. Ten cents of annual membership dues shall be used to defray the expenses of delegates to regional and national meetings."

The next meeting of the State Executive Council will be in August

at which time 1964 dues will be set.

Four voting delegates from North Carolina at the National Meeting in July will vote on a change in the National Constitution to increase dues to 25 cents. Voting delegates at the State Meeting instructed the voting delegates at the National meeting to vote "for" increasing national dues.

Increased costs for preparing and printing materials, planning the national meeting and expanding services prompted the need to increase dues at the national level.

When was the last time your family had fun together? Do you know the joys of family-shared recreational activities? Parents usually join enthusiastically in activities familiar to them on invitation by teenagers. Are parents a great untapped resource in your home? Parents are vitally interested in teenagers' well-being and can provide the stimulus for many evenings of fun-filled activities. Television and commercial entertainments are often poor substitutes for the pleasure available through interested and intelligent planning in the home.

Family games, dancing, music, picnics, and cooking together provide activities interesting to all ages. Everywhere today one hears persons bemoaning the fact that good conversation is a lost art. Perhaps together with parents you may discover ways to restore this fine art in family living. You may discover you have a tremendously interesting family when each one is accepted and assured through genuine appreciation of his contribution.

Our generation is a generation on wheels and perhaps these wheels sometimes carry us away to engage in second rate, paid entertainment. Teenage friends may be all too

Recreation in the Home

BY WILLIE LEE WARREN
*Hobbs Chapter
State Recreation Leader*

happy to join your family in activities. Parents are interested in the personalities and interests of your friends and what is a better way for the two generations to meet, enjoy, and appreciate each other?

You and your family can secure excellent advice on recreational ac-

tivities from inexpensive publications or from your school libraries. The Yearbook of Agriculture, 1963, *A Place to Live* (88th Congress, First Session, House Document Number 29) on page 301 advises, "No set relationship exists between money spent on recreation and the amount of participation and enjoyment obtained therefrom. In outdoor recreation, it is often true that 'the best thing are free.' The most popular activities do not cost very much."

The following bibliography lists some books that might be of service to you:

Forbush, William Byron, and Harry R. Allen. *The Book of Games*, Philadelphia: The John C. Winston Company, 1954, 358 pp.

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ELM CITY ENDS PROJECT IN DECORATION

Redecorating anyone? That's exactly what members of the Elm City Chapter of the Future Homemakers of America have done. The chapter members are accomplishing goals for either their Chapter or State Homemaker Degree in the organization.

Due to the ambition of the girls and adviser, the bedroom and adjoining bathroom were redecorated. The FHA'ers chose an analogous color harmony for the bedroom. The walls were painted yellow-beige identically matched the background in the constructed printed draperies and the modesty. A nylon modesty between the draperies and a valance were used to decrease the height of the windows. The printed material was also used on the dressing table and stool with olive green material shirred around the top of each. An olive green coverlet and dust ruffle accented the room and the bed painted to harmonize with the walls.



To serve as a property in their hostess training, members of the Future Homemakers at Elm City recently purchased a silver tea service to be used in the home economics classes. Peggy Lee, finance committee member, is shown with the purchase.

To complete the bedroom project, the Future Homemakers purchased a glass to cover the dressing table and a mirror to hang above it. Other accessories will be added in the future.

A monochromatic color harmony was chosen for the bathroom. Yellow-beige draperies and shower curtain were selected to harmonize with the walls. A brown fringe was added to accept the draperies.

Redecorating is work. Some work is fun as these girls have learned. While these girls improved their skill in decorating and sewing construction, they also improved the looks of their Home Economics Cottage.

Participants in redecorating and constructing the material were: Linda Harrell, Billie Jean Landin, Jackie Massey, Martha Owens, and Olivia Pridgen. Five of these girls are working on their State Homemaker Degree—the highest degree that may be achieved in FHA work.

Mind Your PR's

BY JENNY TALTON
*Smithfield Chapter
State Historian and Candidate
for National Office*

been suffering. Perhaps the best remedy is "group therapy." You practice group therapy whenever you have a meeting or take part in a community project. The best way to give your chapter a good name is to do things, so be an active chapter and use your influence in the community. (A good reference for get-acquainted projects is your state program of work, you know.)

When your club succeeds in one of these projects, follow through with a prompt article in the local newspaper. Your reporter can make your article "newsy," interesting, and to the point, so that the readers will enjoy it. Don't stop with publicizing FHA, but take a genuine interest in other groups and organizations. When you are concerned with their purposes and activities, they will return your friendship. You will find that you enjoy making new acquaintances in your community. Many times we are surprised to find similarities in our objectives. Also you

will find that by learning more about FHA, you will appreciate it more.

Individual members can do wonders by spreading good will when they are well versed on the subject of Future Homemakers. Are you able to make an accurate response to questions about our organization on the district, state, and national level? Do you know about the publications? Many times people ask us questions about FHA while we are attending state or national meetings, and we have to really stay on our toes to give them good answers.

We serve in many capacities as an FHA'er without even realizing it. We are a merchant proclaiming the worth of our goods to prospective FHA'ers and the public; we are a buyer, obtaining values from FHA; and we are good will ambassadors to others by carrying out our purposes and objectives.

Keep in mind the fact that we have a real reason to make FHA known to the public—we are proud of it! Its half million girls work toward the same goals. It stresses the areas in which the interests of modern teens lie. It is one of the most

(Continued on page 8)

FHA'ers Pay Tribute to Grandmothers

SURRY CENTRAL CHAPTER

Grandma had her day!

Putting aside their thoughts of "hot rods" and "the Beatles" the FHA'ers at Surry Central planned a memorable occasion for their grandmothers.

The boys and girls staged a gigantic party in the school cafeteria. Much to their amazement they discovered that some of the "Grannies" could really get around—for they participated whole heartedly in a simple folk dance, group singing, games and screamed, hoilered and clapped with their grandchildren when Surry Central's answer to "The Beatles," known as "Grandpa's Four," performed.

Climaxing the gala occasion was the crowning of Mrs. Sally Stanley, 66, of Elkin, Route 1, as "Grandmother for the Day." She was crowned by her granddaughter,

Wanda Corder. Mrs. Stanley has 14 grandchildren and seven great-grandchildren. Her name was drawn from a box containing the names of the guests at the party. Some 200 persons including guests and students were present for the occasion.

The guests enjoyed a varied program. They viewed with interest a fashion show and listened to a number of appropriate musical selections.

Adding a touch of humor to the program was the appearance of "Grandpa's Four," Surry Central's version of "The Beatles" who pantomimed several selections. Their instruments were made from wash tub, wooden spoons, pots, pans, funnels, curtain rods, brushes and anything else available.

To get the party under way, a game called "Grand" was played which was similar to Bingo. Win-

ners in this game were awarded such prizes as marbles, jack-rocks, etc.

At the conclusion of the evening's entertainment, punch and cookies were served by the members from a beautifully decorated table.



GRANDMOTHER FOR A DAY—Wanda Corder of Elkin, is shown crowning her grandmother, Mrs. Sally Stanley, "Grandmother For A Day."

3200 Attend State M





Pictures may be ordered from Mr. L. Alton Daniels, 1618 Sunrise Ave., Raleigh, North Carolina. Include check for \$1.50 for each picture by June 1.

My Day Will Come

The following script was written by home economics students at Laurinburg High School under the direction of the FHA adviser, Mrs. Martha Lassiter. Students in Scotland, Hoke and Richmond Counties presented the play during the afternoon session at the State Meeting.

Scene I Miller living room

Time—Just before 12:30 a.m.

Music in the background

Father reading newspaper

Mother enters carrying a tray

Mother: Here is your ice cream, Tom!

Father: Thanks—Ummm—good! Did you make this?

Mother: Flattery will not get you another dish! What's on T.V.?

Father: Let's see—What time is it?

Mother: Oh, my goodness! You mean it's 12:30!

Father: Twelve-thirty and Betty's not home yet? Where in the world is she? The dance was over at eleven. (Gets up and begins to pace the floor.)

Mother: Calm down, dear. They'll be home soon. If you get upset you won't be able to sleep.

Father: Sleep! How can you think of sleep at a time like this?

Do you realize that while you're calmly sitting there, your baby daughter has probably been kidnapped by that horrible Joe Benton?

Mother: Oh! Don't be ridiculous! They probably had a flat tire or something.

Father: Well, if they had a flat tire, they could have at least called.

Mother: Yes, but they might be someplace where there is no telephone. And too, you know how young people are when they're having fun. They forget the time.

Father: (Paying little attention to Mother)

Clara, you know—I thought we brought her up right. Goodness knows, I've tired—but she's becoming a real problem.



All she thinks about is Joe. It's Joe this and Joe that. I get so tired of hearing about Joe Benton. I don't know what to do. I'm sick up to here.

Mother: Yes! I'm a little sick of him myself.

Father: Don't you think we should call Joe's parents? or the police?

Mother: Couldn't we wait just a little longer? There's probably some *sensible* explanation!

Father: Excuses! Excuses! You are taking up for her. I know one thing—if ever I see that boy again, I'm going to give him a piece of my mind. (Kids from Joe's parents' sung by Father and Mother)

(Car door slams and footsteps are heard on porch)

Betty: Good night, Joe. I had such a wonderful time. It was a lovely evening.

Father: Lovely morning too! (with sarcasm)

Betty: The band was great, wasn't it?

Joe: Sure was! I hope your parents don't mind my keeping you out so late. Sorry I forgot to check the gas when we left. (Ha! Ha!) You know a car can't run without gas! Would you like for me to go in and explain?

Betty: No—that will be all right. They're probably asleep. Besides, they're the best parents in the world. They'll understand when I explain in the morning.

Joe: Good night then. See you tomorrow!

Betty: Good night, Joe. See you.

(Betty enters living room—starry eyed and humming *I Feel Pretty*. Oh, So Pretty and dancing modern dance. Lights low on stage with spot on Betty)

Father: Where in the world have you been? I have been out of my mind with worry.

Mother: Yes, (loudly) where have you been? You were supposed to be home at eleven o'clock. It's twelve thirty. Do you know you're over an hour late?

Betty: (startled) Dad! Mom! I didn't realize it was so late.

After the dance everybody (voice rises) went to Brown's for cokes and hamburgers. Then when we started home, we gave out of gas.

Father: Gave out of gas! Huh! A likely story. Why didn't you call?

Betty: But Dad—I couldn't—there was no place to phone! Besides I'm just a little over an hour late.

Mother: For heaven's sake, Betty. What has come over you? You stay out later and later everytime we let you go out.

What do we have to do to make you come in on time?

Betty: I will next time, I promise! I won't be late again, I promise!

Father: There won't be a next time! You are not to see that Joe Benton again! Do you hear?

Betty: I will, too. Can't you and Mother understand that I love Joe. I hadn't planned to tell you this, but Joe and I are going to get married.

Father: You're what? Married? No daughter of mine is going to marry that Joe Benton.

Mother: No! No! My baby—married. I can't believe—Betty: I'm not a baby, I'll be . . .

Father: You're out of your mind, that's what.

Mother: Now Tom—Betty. Couldn't we talk about this in the morning when we're not so upset?

Father: No! We are going to talk about this right now. How do you think you are going to live? He doesn't even have a job.

Betty: You don't love me! You have never tried to understand how I feel. (sobbing freely she starts to leave room)

Father: Betty, you come back here this minute!

Mother: Tom, let her go. We're all too upset to settle anything now.

Father: She just can't marry him. I had so many plans for her. (Betty sings, *Tonight*, from *Westside Story*. Curtains are drawn. Betty carries a picture.)

Scene II Next morning

Father enters room.

Mother: Good morning dear. What would you like to have for breakfast?

Father: I don't feel like eating. After last night, who has an appetite? By the way, where is she?

Mother: I decided to let her sleep. I heard her crying most

of the night.

Father: Well, I want to talk to that young lady!

Mother: Now Tom—you know what happened to the Jones girl up the street.

Father: You mean that little redhead?

Mother: Yes—that's the one. She ran off and got married. She told me that nobody understood her at home and she thought John did.

Father: How old was she?

Mother: Sixteen. She and her two children are back with her parents.

Father: What happened to her husband?

Mother: He just disappeared after the second child.

Father: Well that scandal, and that's exactly what will happen to Betty.

Mother: We've got to be real understanding with her. We don't want the same thing happening to our daughter. Why can't we get Joe and his family over this afternoon?

Father: Mr. Benton is away on a business trip.

Mother: We have Joe and his mother over. What time will you get home, Dear?

Father: About three.

Mother: After I talk with Betty I'll call Mrs. Benton and ask her to come over.

Father: You do that. Look what time it is. I'm already late for work.

Mother: Goodbye, Dear. I'll see you about three.

(Father leaves. As door closes, Mother starts to tidy the room. Maybe some music—)

Betty enters the room.

Mother: Your breakfast is on the stove. I tried to keep it warm for you.

Betty: About last night, I'm sorry, but we really did run out of gas.

Mother: We're not saying you didn't, but you know how upset your father gets when you are late, and it seems you have been making a practice of it lately.

Betty: I know, Mom! Couldn't we sit down and talk about it?

Mother: Alright. Maybe we can come to a better understanding.

That's what your father and I want. What do you think we should do about this problem of being late?

Betty: I should have paid more attention to the time, but Joe and I were having such a good time, I just forgot.

Mother: That's no excuse. We talked about this before. You always promise, but you never do what you say.

Betty: It's hard to always keep your promises.

Mother: This is not getting us anywhere. We're going around in circles, but it seems to me that a girl who is not old enough to keep her promise about getting in on time is certainly not old enough to get married.

Betty: Now we're talking about two different things.

Mother: Yes, but it is certainly related. Trust and keeping a promise are very important for a happy marriage.

Betty: I'll always trust Joe, and I know he trusts me.

Mother: Betty, how long have you known Joe?

Betty: Always.

Mother: I mean really known him.

Betty: We've been going steady for three months.

Mother: And you think that's long enough to decide you want to spend the rest of your life with him?

Betty: Mama, please try to understand.

Mother: I am, dear, but there are so many aspects to consider. I know from things I've seen and things I have read that moon—June—and croom type of love doesn't always produce a good marriage. (Telephone rings.)

Mother: Hello Joe—Just a minute. Betty, ask Joe if he and his Mother can come over this afternoon about three.

I'm going to hang out the clothes.

Joe: Betty?

Betty: Hi, Joe!

Joe: Was it O.K. about your being late last night.

Betty: Not exactly. There was a big fight and I told them about us.

Joe: You did! Can I come over and talk with your parents about it?

Betty: Would you—Mom wants you to come over and bring your mother.

Joe: What time?

Betty: About three? Dad should be home by then.

Joe: See you at three. Bye, Betty.

Betty: Bye, Joe.

(Betty starts picking up papers and Betty sings the last part of *One Boy* from *Bye Bye Birdie*. Knock at door. Betty goes to answer.)

Betty: Hi! Linda. I'm so glad to see you. I have some wonderful news. Come on in and let me tell you about it.

Linda: What is it? You look as happy as a bride-to-be.

Betty: How did you know? Joe and I are going to be married.

Linda: No, you're kidding. I don't believe it.

Betty: We decided last night. We're going to be married in June.

Linda: But Betty, what about your career as a nurse? I just can't picture you settling down with a house full of kids.

Betty: Wait a minute. You don't seem to be so happy about it.

Linda: I'm two years older than you, and I wouldn't consider it now. This freshman year in college has been such fun.

Betty: But you're not in love.

Linda: To me, marriage is something for the future. I don't feel that I'm mature enough to settle down to one person. You know marriage is forever. If you are like me, you want yours to last.

(Linda sings *I Enjoy Being A Girl*.)

Betty: Well Linda, I enjoy being a girl, and surely I want my marriage to last, but . . .

Linda: You have studied marriage and family living in Home Economics and you know some of the requirements for a successful marriage. Just think about it. What do you really have to make your marriage a success?

Betty: Well! Lots of things.

Linda: Do you remember discussions we had about things to consider before you say "I do"?

Betty: Yes! I remember.

Linda: What do you remember?

Betty: —Desirable traits to look for in a mate, budgeting, in-laws, and where you are going to live.

Linda: Take desirable traits. Do you want Joe around you all the time under any conditions? Is he someone you can enjoy at all hours, day in and day out? When your hair is in curlers and Joe is unshaven. When Joe is in a grouchy mood and you're not feeling well.

Betty: Linda, you're like all the rest. Can't you understand? Joe and I were meant for each other.

Linda: I hate to say this, but I've heard that before.

Betty: But this time I know it's for real.

Linda: I really think you should think about it before you decide. I'd hate to see you unhappy. You have a great future ahead of you. Please don't throw it away on a marriage that you may regret.

Betty: I do value your opinion, but I don't think you have tried to put yourself in my shoes.

Linda: I just don't think they would fit me. Please, for your own sake, Betty, give this a lot of thought. Make a list of the things you want in a marriage partner—be real honest with yourself and see if Joe measures up.

Betty: You really think I'd be making a mistake, don't you?

Linda: Wait until you make that list and then we'll talk about it. Now I must run. I have a job babysitting, and I don't want to be late.

Betty: I wish you didn't have to go.

Linda: Me too! But I must. Bye now!

Betty: Bye! See you soon.

(Betty gets a pad and pencil and starts making her list while *That Boy That I Marry* is sung.)

Scene III Later that evening

Mrs. Benton, Mr. and Mrs. Miles, Betty and Joe are in Miles' living room.

Mother: Joe, that's a wonderful scholarship you're getting to the University.

Joe: I guess that's off now.

Mrs. Benton: What do you mean, it's off?

Joe: Mother, Betty and I are going to get married.

Mrs. Benton: What?!

Father: That's what we are here to discuss . . .

Mrs. Benton: When did you find out about this?

Mother: Just last night.

Betty: Mom! Joe and I love each other. We want to get married.

Joe: Nothing you say will change our minds.

Father: Let's be reasonable about this, Joe. What kind of job can you get?

Joe: I've already been promised a job at Clark's Service Station.

Mrs. Benton: And how much will you be making, Joe?

Joe: \$35 a week.

Father: \$35 won't pay the rent on an apartment and buy the groceries.

Betty: I could quit school and help. I can make \$15 at the dime store, which would be a big help.

Father: Joe! Betty! Let me just show you our budget book and how money is spent.

(Father walks to desk and gets it. Betty and Joe start looking at it with surprise.)

Betty: You mean it cost \$120 for the three of us to eat last month?

Mother: Yes, and you and your father didn't eat lunch at home either.

Joe: Betty, I see here where you spent \$75 on clothing last month.

Betty: I didn't realize it, but I guess I did. Let's see, there was that new London Fog, pair of black heels. . . .

Father: You see, Dear, it does cost a lot to live these days.

Betty: But we don't plan to live like you and Mom.

Mrs. Benton: No! You'll probably have more expenses than your mother and daddy. Even if you get a furnished apartment, you'll still need dishes, pots and pans, bed linens—just to mention a few.

Joe: We could borrow some money to get started with.

Mother: How would you ever pay it back on \$35 a week?

Betty: We'll manage.

Father: Take Ann Jones. You remember her, don't you, Betty?

Betty: Yes! But that's an entirely different story.

Mrs. Benton: What happened to her, Mrs. Miles?

Mother: She is a girl who lived up the block from here. She was popular, smart (really the brainy type), pretty, and had every opportunity. She married John Baker when she was just sixteen. John left her right after the second child was born. Now she is home with her parents. Those two poor children.

Mrs. Benton: It is a sad case. The mother is not educated so that she can support her little ones—and no father.

Joe: But I'll never leave Betty like that.

Father: Joe, I'm sure you don't think so now, but wait 'till the bills start piling up. You might change your mind. That's probably what happened to John Baker. It was more than he could take.

Mrs. Benton: If you took advantage of that scholarship and went on to college, you'd be much more able to support Betty and a family.

Betty: I see that point, but why couldn't we get married and Joe still go to college?

Mother: How can both of you go to school and keep your bills paid? You still have years of high school.

Mrs. Benton: Joe, you know we aren't able to help you. It takes all your father makes for us to live—with your sister in college and the mortgage on the house—

Joe: I could get a job after classes and on Saturdays.

Father: Why don't you think about this a little more seriously.

Mother: Yes. Wait until Betty finishes high school at least.

Father: And if you still want to get married, we will help you in any way we can.

Betty: What do you think, Joe?

Joe: It won't hurt to think about it. After all, we hadn't planned to get married until June.

Father: By the way, Joe, try not to run out of gas again.

Joe: Sir?

Father: Try not to run out of gas again.

Scene IV Later on that same day.

Scene opens with Joe and Betty dancing to the music of Summer Place.

On the table are refreshments of cokes and sandwiches.

They eat refreshments and as soon as they finish, they start a discussion.

Joe: Let's eat.

Betty: Good idea.

Joe: Our parents really started me to thinking. I hadn't thought about how much it does cost to live nowadays.

Betty: I didn't know it took so much for my family to live either.

Joe: I hadn't thought about rent, water, lights, and all the other expenses of the house.

Betty: While Mom and Dad aren't in here, let's look at their budget book again.

(Pick up book)

Joe: I look at this, Betty, did you know it costs this much to go to high school?

Betty: I sure didn't, and look at the cost of operating a car. Would you believe it?

Joe: If I worked at Clark's Service Station, I wouldn't make but \$140 a month. By this budget, your parents spend over twice that much.

Betty: Mary, my oldest sister, and her husband, Tom went through high school together, and they wanted to get married. Instead, they went to the University of North Carolina. Now they have a lovely home—and good jobs—and are so happy.

Joe: That's what I've been thinking. I want the best that life has to offer for you.

Betty: I'd sure hate for you to miss out on that scholarship. Linda was here today, and she said that college was so much fun.

Joe: And neither do I want you to miss out on being a nurse. It would really be nice to have a nurse as a wife.

Betty: Four years isn't so long as it may seem. We have a whole lifetime together. With a college education, we can have the things we want and bring our children up in a nice home. Our children would be proud of us, too.

Joe: I will be home practically every weekend. During the week we'll both be busy with our classes. The only time we get to see each other is on weekends.

Betty: And I can come up to the football games and to all the dances at the college.

Joe: We could have such a good time together.

Betty: It's all settled then. I'll go call our parents and tell them we've decided not to be married in June after all.

(Betty goes to the door and calls)

Betty: Mother, Dad, Mrs. Benton, can you come in here. We have something to tell you.

(Knock at front door. Joe goes to answer it.)

Joe: Hi Linda. Come on in.

Linda: Hi Joe. Good to see you.

Betty: Hello Linda. I'm so glad you came over. Joe and I have something to tell you all. We've decided not to get married in June after all. 'Cause we got a lot of living to do.

(Mother and Father hug Betty and Joe. Start to sing. I Gotta Lot of Living to Do—from Bye Bye Birdie.)

Changes made in "The Girl That I Marry"

The boy that I marry will have to be,

As tall and as handsome as a boy can be.

The boy I call so true,

Will wear burgundy shirts and smell of kadi

His shoes will be polished and I can bet,

He'll take me to ride in his little Corvette.

'stead of flitting, I'll be sitting

Next to him and I'll purr like a kitten.

The boy that I marry, the boy that I marry will be.

210 FUTURE HOMEMAKERS RECEIVE STATE DEGREES

District I—South Edgcombe, Brenda Lou Abrams; Tarboro, Carla Weaver; West Edgcombe, Carolyn Calhoun, Rachel Evelyn Joyner; West Hyde, Lou McKinney; Jamesville, Sarah Anna Cooper, Linda Griffin; Williamson, Lou Hoskins, Beverly Goodwin; Ayden, Anne Mumford; Chicod, Linda Adams, Jo Ella Fornes, Jeannette Gardner; Grifton, Glenda Knowles.

District II—Havelock, Diane Gard-

ner; East Duplin, Janet Scott Herring, Frances Holmes, Jean Patterson, Betty Rouse, Sharon Leigh Wood; James Kenan, Janice Alphin, Rita Hawes, Mary Ann Martin, Cynthia Dianne Outlaw; Wallace-Rose Hill, Ann Davis; Jones Central, Judy Andrews, Mary Lendell Cox, Marian Dail, Faye Eubanks, Geraldine Eubanks, Patsy Eubanks, Phyllis Eubanks, Jackie Potter; Contentnea, Zana Daughety, Connie Davis, Frances Hin-

son, Nancy Lee Powell; Jacksonville, Ann Kellum; White Oak, Kay Gillette, Ann Hardee, Nelda Huffman, Helen Humphrey, Barbara Krizek, Mary Smith; Penderlea, Nancy Gail Procter, Bonnie Frances Savage; Grantham, Margaret Jean Denning, Edna Pearl Edwards; Mount Olive, Mary Lou Jones; Elm City, Linda Harrell, Martha Owens, Olivia Pridgen, Linda Winstead; Lee Woodard, Brenda Bass, Glenda Bass, Kitty Brid-

gers, Suzanne Boykin, Bonnie Jomp, Janie Lucas, Sharon Scurry, Ann Collins Yelverton, Cheryl Yelverton; Rock Ridge, Sarah Elizabeth Aycock, Joyce Daniels, Sandra Glover, Carolyn Lamm; Saratoga Central, Selby Jean Barnes, Judy Carol Bridgers, Pat Cook, Judy Faye Ellis, Judy Gardner, Patsy Garris, Sandra Pipkin, Janice Walston.

District III—Bladenboro, Sue Davis, Sadie Hester, Glenda Lee Kinlaw, Emily Singletary, Debora Smith; Elizabethtown, Nellie Raye Miller, Linda Woodlief; Whiteville, Ella Ruth Brown; Williams, Hilda K. Grainger; Central, Jean Blackmon, Amanda Lee Price; Seventy-First, Marica Page; Stedman, Gloria Hales, Elaine Horne, Connie McCall, Wanda Watson; Cameron, Linda Carol Elliott, Sandra Sue Stanley; Red Springs, Kay Armstrong, Wanda Sue Blanton, Sharon Kay Hawks, Linda Hill; Rowland, Martha Ann Ammons, Mary Bridgers, Faye Bullock, Eleanor McCallum, Rebecca Pappas, Ila Paul, Ann Powell, Sue Neal Wagner, Anne Marie Watson; Hobbton, Willie Lee Warren, Kay Williams; Midway, Mary Beverly Lockamy; Roseboro - Salemburg, Linda Pope, Carolyn Riner, Linda Ann Taylor; Union, Elaine Johnston, Rebecca Kay Johnston, Noel Thompson.

District IV—Southern, Teresa Hamlin; Franklinton, Gloria Jean Forsythe, Carroll Mode; Angier, Peggy Sue Dupree, Edna Joyce Pleasant, Martha Woodlief; Boone Trail, Carolyn Hollingsworth, Faye Moss; Coats, Joan Ivey; Dunn, Tula Ann Mauldin; LaFayette, Helen Louise Harrington, Brenda Gale Knott, Patricia Ann Lewis, Brenda Annette Sears, Kathryn Hoke Smith; Lillington, Sandra Burgess, Janet Louise Johnston, Patricia Ruth Moss, Lois Ray Ross; Benson, Gloria Ann Adams, Judy Adams; Clayton, Linda Bryant, Judy Dupree, Janet Turner; Four Oaks, Helen Ruth Britt, Gerain Gregory, Janice M. Lee, Shirley Smith, Brenda Thompson; Kenly, Jan Boykin; Smithfield, Ellen Daughtry, Marilyn Moye, Jenny Talton; Sanford Central, Sarah Dalrymple; Bailey, Peggy Evans; Benvenue, Marilyn Jones, Carol Overton, Evelyn Wallace; Coopers, Paulette Smith; Spring Hope, Julia Gail Mullikin; Zeb Vance, Kay Parks; Cary, Sherry Atkins; John Graham, Ann Louise King.

District V—Franklinville, Linda Allred, Dianne Hutchens, Pamela Lee Jones, Becky Maness, Linda Nance; Gray's Chapel, Alice Richardson, Linda Moore Routh; Liberty, Martha Thompson; Rameur, Betty Carol Isley, Diane Lindley; Seagrove, Cathy Auman, Elaine Frye, Linda Reader, Barbara Robertson, Danese Spivey.

District VI—Shelby, Sally Gaffney, Brenda Haliburton, Elaine Harris, Sandra Patterson, Laura Sherlen, Elizabeth Warlick; West Stanly, Pamela Almond, Janice Dick, Gloria Endy, Elaine Helms.

District VII—Harmony, Sylvia Green, Judy Sharon Phipps, Carol Shaver; Union Grove, Brenda Templeton; East Wilkes, Pat Brown, Judy Cathren, Brenda Sue Edwards, Ruby Johnson.

District VIII—Lee H. Edwards, June Coker; North Buncombe, Louise Ballard, Lynne Dillingham; East Henderson, Martha Irene Bell, Jewel Elizabeth Owenby, Lois Ruth Sizemore; West Henderson, Judy Cabe, Juanel Gash, Mary

Chapter Chatter

Fun, humor, and excitement filled the atmosphere for the East Henderson FHA's during February when initiation was held. Before being allowed to join the club, each girl dressed in a costume which was previously assigned to her plus repeating the creed, motto, and purposes. She was also asked to answer questions about the flower, color, and symbol of the FHA. Later in the program the new members sang the FHA Prayer Song. Display of talent was also required of each girl. Some of the talent was singing, playing the piano, and dramatic readings. The new members wore a variety of costumes, such as: the sign dress, which consisted of road signs pinned on the dress; autograph dress, in which the wearer wore slips of paper for people to sign during the day; a leaves dress, a patch dress and costumes to resemble a witch and a cleaning maid. They wore hats to match the dresses and each girl carried either a bucket or sack as a purse. The girls were an added attraction to the daily routine of school, and the fun was enjoyed by all.

"Teen-age Marriages" was the topic for discussion at the regular meeting of the Pamlico County High School Future Homemakers of America on Monday. A panel composed of Rev. Howard H. Carlton, minister of the Bayboro Baptist Church; Mrs. Thelma Spencer, a former teacher and mother of two teenage boys; Fred Tabibzadeh, a teacher of mathematics in the high school and a native of Iran; Donald Eastwood, president of the Student Council; and Rosanne Gaskill, a third-year home economics student, discussed the many problems resulting from teen-age marriages.

It was pointed out that a higher percentage of early marriages ends in failure than more mature marriages; that high school girls have a tendency to put much emphasis on physical attraction when, at a more mature age, a different standard for selecting a mate would be used; and that most teen-agers lack the experience, judgment, and maturity to make adjustments necessary for a happy marriage.

The panel members agreed that early marriages interfere with education. "The girl," said one member, "intends to finish school but often she is unable to do so."

"The boy, to whom we still look for earning a living," said another, "must stop school to go to work, and as a result, the economic standard of living may be low throughout life."

Rev. Mr. Carlton pointed out the

sacredness of the marriage vows and Mr. Tabibzadeh very interestingly told of customs of courtship and marriage in Iran. Sandra Sadler, president of the local chapter, moderated the panel.

During the months of January and February, the organization has put emphasis on two projects, "Focus on Family Friendship" and "Marriage Calls for Preparation." In addition to the program, skits to depict happy family living have been prepared in home economics classes. One day during the month of January was set aside as "Family Day" and during the week of February 23, home economics girls concentrated on being good family members.

Last year the Rock Ridge Chapter welcomed their first honorary member, Pat Cockrell. She is the 14 year old daughter of Mr. and Mrs. Onnie Cockrell, both teachers at Rock Ridge. Mr. Cockrell is also coach for the basketball and baseball teams.

Pat is a victim of cerebral palsy and has spent most of her life in a wheel chair. She is unable to control her vocal chords. Pat has had the best of care and even with her limitations, she seems to get much enjoyment from her activities. Pat is a faithful for during the basketball and baseball seasons and is usually accompanied by one or more of her FHA sisters.

In September of 1962 when Pat became a member, she was presented with a membership card and an honorary pin. Last Christmas and again this year the FHA presented a gift to her. Mrs. Cockrell indicated that Pat enjoyed music very much so they purchased a transistor radio for her. Several members along with Mrs. Patricia Edwards, the advisor, took the gift to Pat. While there, the girls read stories and sang Christmas carols. At the January meeting a thank-you note from Pat and her mother expressed their appreciation.

The FHA organization at Durham High School is headed by Beth Smith and meets after school in the home economics cottage. Interesting speakers have lectured at several of the monthly meetings.

The club members sold Christmas candy earlier this year, and are planning to use their profits either to send a delegate to the national FHA convention, or to redecorate the living room in the cottage. At present, the girls are selling salad, meat, and dessert cookbooks to increase their funds.

MIND YOUR PR'S

(Continued from page 3)

helpful organizations working toward the future of American youth.

Your rewards will be the fun of planning and doing your projects and knowing that they are worthwhile, the assurance that you have done your part to make our organization better known, and the knowledge you have gained by participating in these activities.

So what will give your chapter a big boost in the community? . . . Improve your PR's, of course!

Glenn, Sandra Ray Merrill, Sharyn Moffitt, Rebecca Taylor; Cullowhee, Ann Caldwell, Brenda Owen; Madison, Pansy Joann Freeman, Nancy Ann Payne; Chase, Jane Lynn Carpenter, Joyce Jackson, Kay Watson; Rutherfordton-Spindale, Lynda Walker.

CAROLINE SAYS:

- Future Homemakers who are eligible to earn the State Home-maker Degree in 1965 may begin their plans and carry out some of the projects during summer vacation!!
- Plan chapter meetings during the summer! Cook-outs, picnics and other socials may be planned at another members' home.
- When making your summer schedule plan some very special occasions which may be enjoyed by all the family.
- Have a very happy summer vacation!



A PORTRAIT OF AN FHA ADVISOR

She fills a great and vital role.
 And if we were to take a poll,
 We'd find her contributions rate
 As help that we appreciate.
 She serves as a model to inspire
 And works to instill in us desire.
 Teacher, counselor, moulder of youth,
 She weighs the value of love and truth.
 Into our hands she thrusts the keys
 To make our dreams realities.
 She's the glue that holds the chapter fast
 With high ideals which forever last.
 An ADVISOR of the FHA
 Guides the homemakers of a future day.

CARLA WEAVER, Tarboro, N. C.



FUTURE HOMEMAKERS

★ North Carolina Association ★

VOLUME XIII

SEPTEMBER 1964

NUMBER 1

QUESTIONS AND ANSWERS ABOUT THE PROGRAM OF WORK

What is the State Program of Work?

It is a collection of ideas, relating to national objectives, that serves as a guide to chapters in planning effective programs for the year.

How should the State Program of Work be used?

The State and National Programs of Work are resource materials containing suggestions for chapter programs. A chapter will find ideas that can be used as they are or adopted to meet the needs of a local school or community.

How do we plan a Chapter Program of Work?

Appoint a Chapter Program of Work Committee, or consider the Executive Council the program committee. You may use resource materials and the members own ideas, and select goals, projects, and activities which your chapter could achieve in one year. Evaluate accomplishments at the end of the year in terms of goals chosen.

How can members use these Programs of Work?

Select ideas from State and National Programs of Work which individuals would select for home experiences and/or for work on degrees of achievement.

Drawings in this issue were designed by Rebecca Jane McNeill, State Secretary, and Bill Pugh, Curriculum Laboratory, Department of Community Colleges, Raleigh, North Carolina.

Dear FHA Chapter Members:

This is your Program of Work Calendar for 1964-65! Your State FHA officers hope this calendar will serve as a reminder of your local, district and state activities throughout the school year.

Two objectives from the National Program of Work have been adopted on which to concentrate our activities this year. These objectives are: Objective I "Discovering myself and my worth to others" and Objective II "Launching good citizenship through home-making."

A third objective "Anchoring your future in FHA" has been adopted as the North Carolina Association objective. The purpose of adopting this objective is to encourage membership in the organization by planning projects that would capture the attention of all girls in high school.

Space is available in this publication for your chapter's program of work to be recorded. Suggestions for chapter and individual experiences are included in the calendar to present ideas for your programs. These suggestions may stimulate you to think of other projects and we hope that you will share these ideas with other chapters by writing an article for the State FHA magazine.

We hope that you will have a most outstanding FHA chapter this year!

Yours truly,

STATE FHA OFFICERS

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

State Officers

1964-65

President—Sandra Sadler, I
Vice-President—Susan Banks, VIII
Secretary—Rebecca Jane McNeill, VII
Treasurer—Jeannine Austins, VI
Historian—Peggy Lou Barnes, III
Reporter—Gail Van Doeren, V
Parliamentarian—Lois Ray Ross, IV
Recreation Leader—Judy Elliott, II

District Advisers

1964-65

Mrs. C. Burchie Johnston, John A. Williamson, I
Miss Alice Swann, Rosewood, II
Mrs. Elizabeth Jackson, Hobbton, III
Mrs. Ramona Cash, Smithfield, IV
Miss Virginia Spencer, North Stokes, V
Mrs. Louise Greene, Anson, VI
Mrs. Mary June Sheets, Ashe Central, VII
Mrs. Myrtle Hoyle, Salem, VIII

State Adviser

Mrs. Ernestine H. Frazier

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education

Raleigh, North Carolina

State Membership 26,841

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

Program of Work for 1964-65

OBJECTIVE 1: *Discovering myself and my worth to others*

PROJECT: *You and Your Values*

To understand oneself is the key to maturity and to understanding others. In order to work on this objective, chapters need to include programs and activities which the member can use as a tool in learning more about herself. Attention should also be given to helping the member understand the need to accept and appreciate those values held to be important by other people.

SUGGESTED CHAPTER EXPERIENCES

- Create chapter interest in the objective, "Discovering myself and my worth to others," by planning some bulletin boards. Some suggestions for bulletin boards are:

1. A girl with a puzzled expression, hands on chin, with questions above reading "Who Am I?" and "What Do I Value?"

2. The words from a poem, "The Things I Prize of Greatest" or just "Of Greatest Worth" could be titles for bulletin boards. Pictures illustrating love, family, friendship, citizenship, education and religion may form the background.

3. A sandy, deserted beach, a ship-wrecked boat, a girl with her hand to her forehead, looking and searching, just over the sand dune to a treasure chest labeled "YOU." Under the scene may be the words, "If Only You Will Search."

4. Boxes may be wrapped in paper and tied in colorful ribbons and tacked around the figure of a girl. Each box may be labeled with one of the following words: understanding, gentleness, love, creativity and femininity. The caption used on the bulletin board may read "Your Gifts—Open Them Carefully."

- Plan for questionnaires to be prepared for each chapter member to determine what values are most important. At a chapter meeting, plan time for the questionnaires to be filled in. Follow up this meeting with a panel discussion of each question. This may be a real learning experience for those members who have not examined their values very carefully!

- Present the play "A Thing of Beauty" from the *Seeking Years* by John M. Gunn. This book may be ordered from the Presbyterian Book Store, Box 1176, Richmond 9, Virginia. \$1.50.

- Explore the question "Who Am I?" This is an excellent opportunity to invite a layman, minister or nurse to speak to your chapter about problems girls are most interested in finding answers.

- Write a skit on "My Worth to Others" for presentation at a chapter meeting. The skit may focus attention on a girl who thought that there was nothing special

about her and later discovered that she really did have some very special talents!

- Present a short "eye witness account" of different ways FHA'ers may use their talents in proving their worth to others. Some ways are loyalty to a friend and extra understanding for a younger member of the family or grandparents.

- Plan a chapter program around the theme: "I am a unique individual. There are many who love me; what do I owe them?" Short skits may be presented dramatizing situations in which a person has proven her worth to others.

- Ask the members to choose a person whom they respect and list the values which they respect in that person.

- Hold a survey on whether or not the teenagers uphold the values they say they hold; then prepare an article reporting this for the school paper.

- Prepare a questionnaire pertaining to chapter members group activities. Of what clubs are they *active* members? What are their special interests? Do they pursue these interests in their activities? Then present a skit showing differences in the "get-up-and-goer" and the "sit-and-do-nothingers."

- If your school has an honor system, observe several classes to see if the system is upheld; then the chapter can work with the student council (or other student government group) in presenting skits and talks to the student body concerning honor in the various phases of school life. In schools where there is no honor system or code, the chapter can start an "honor drive" to gain the interest of the student body.

- Use a community leader as a speaker to present information concerning places of service teens could hold which would help them develop values.

- Have a panel discussion between leaders in the school and parents who have devoted much of their time to the youth of the community and who have developed into worthwhile citizens and persons. The topic could pertain to teenage values as viewed by the students and parents. What values are most important in the world today? Another possibility is a parent panel discussing their change in values from adolescence to adulthood.

- Give a Mother-Daughter Banquet based on a theme pertaining to the family. The program can portray three mothers and daughters facing three different situations in which over-permissiveness, over-strictness, and co-operation are the three reactions to each situation.

- Present a program which stresses active participation in groups which are of interest to the girl, emphasizing that one can grow and develop by observing others in action.

- Call in members of others groups, such as Boy and Girl Scouts, 4-H members, and church youth organiza-

tions, to discuss their clubs' purposes toward the growth of the individual's values.

- If there is an American Field Service Exchange Student in your chapter's county or area, make use of this opportunity to have comparisons made between the values of American youth and the youth of the country from which the student comes.

SUGGESTED INDIVIDUAL EXPERIENCES

- Ask a teacher, a friend, and one of your parents to write a recommendation for you for an imaginary job. Make a list of the values you believe yourself to hold. Compare the lists.
- Keep a record of decisions which you make during a week. Review the decisions to see if you have handled them wisely and maturely, or if you "regret" your independent acts.
- Make a self-analysis chart recording your relations with sisters, brothers, parents, and other relatives living in the home. Jot down small things the family members did which pleased you and those which made you feel ill at ease. Then note how many kind and not-so-kind things you did.
- Record those responsibilities which you have taken in your family and list your feelings about each. Write a "work wanted ad" for yourself including all your qualifications. Then act as the employer to see if you would hire you.
- Prepare a list of all of your activities and examine it to see if you are an active participant in each thing, work willingly with others, contribute helpful suggestions to the group, and, also, to see if the activity is of any worth to you.

Prepared by: Lois Ray Ross, State Parliamentarian
Susan Banks, State Vice-President

OBJECTIVE II: *Launching good citizenship through homemaking*

PROJECT: *Action for Citizenship*

The basic values for citizenship begin in the home. This project encourages members to assume responsible roles in the home, school and community in order to improve life both now and in the future.

SUGGESTED CHAPTER EXPERIENCES

- Plan a bulletin board and chapter program on "Your Role in Being a Good Citizen in the Home, School, and Community." Explore such topics as: What is democracy? What is good citizenship? What role does the home play in developing good citizenship?
- Plan a chapter project to promote good citizenship in the entire school.
- Ask representatives of local governmental agencies to speak to your chapter on their role in improving the local community.
- Organize a youth volunteer group to give assistance to hospitals, rest homes, and child care centers.
- Visit local nursing homes and hospitals. Present programs, read and write letters, assist patients with personal needs such as shampooing hair, make tray favors, bake cookies and arrange flowers.
- Adopt individuals in the community who are lonely

or have experienced a recent problem in the family. As a chapter, plan ways the family can be assisted.

- Participate in community drives such as the March of Dimes and Red Cross.
- Make available trash depositories in parks, school grounds, and along sidewalks.
- Participate in flag-raising and -lowering programs at your school.
- Show filmstrips in Parliamentary Procedure and plan a program where special emphasis may be placed on using correct procedures.
- Plan fair booths, radio and television programs on citizenship.
- Plan for the Pledge of Allegiance to the American Flag to be said at each chapter meeting.
- Plan special programs on safety in the home, school, and community.
- Distribute "litter bags" to students and faculty.
- Adopt a foreign child and furnish some financial assistance in meeting his or her basic needs.
- Sponsor a community blood-typing project.
- Invite an exchange student to a chapter meeting to reveal the differences in life in their home country as contrasted with American life.
- Set up a window display in a public place to encourage voting.
- Sponsor a school or community project on good nutrition—"Healthy People Make a Healthy America."

SUGGESTED INDIVIDUAL EXPERIENCES

- Write foreign students.
- Study laws which affect family life.
- Set up a "Clean Up Your Homestead Month" for your family.
- Take a tour, with your family or friends, of historic sites near you. Learn the reasons why these places have taken their place in historical significance.
- Review biographies of interesting people. Determine some of the contributions they made that made them outstanding.
- Take time to read the newspapers and magazines. Ponder the future of our country, world tension, threat of communism, rights of free people, and freedom and democracy.
- Prepare a list of interesting and profitable books for you and others to read to increase appreciation and understanding of our heritage.
- Take time to think seriously about "What I Can Do for My Country in a Changing World."

Prepared by: Peggy Lou Barnes, State Historian
Gail Van Doeren, State Reporter

OBJECTIVE III: *Anchoring your future with FHA*

PROJECT: *Anchors Away With FHA*

Planning interesting chapter programs, using the talents and resources of many chapter members and publicizing FHA activities will strengthen local FHA chapters. Plan a variety of programs that will make headlines in your school and community!

SUGGESTED CHAPTER EXPERIENCES

- Plan a "Home Economics Career Day" or prepare a career bulletin. Include descriptions of all occupations and professional careers which may use home economics in high school as a background!
- Have you a peace corps volunteer or foreign exchange student in your community? If so, invite them to tell about the home economists' work in their country!
- Plan a visit to a college home economics department.
- Plan a meeting on creative cookery. Small groups may plan the food and service, and share their ideas with the entire chapter.
- Plan a school rally patterned after a district rally and invite all girls in high school to attend.
- Plan a hootenanny, talent show, or dance for all girls in high school with the FHA members serving as leaders and hostesses.
- Invite several former FHA members to a chapter meeting. Learn about their present work, hobbies, special interests and how they became interested in pursuing these interests.
- Plan an "FHA Refreshment Hour" after a basketball or football game. Invite the entire student body to participate.
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- Attend state and county fairs as an FHA group.

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- Explore recreation facilities available in your community. Write a short description of the facilities and post on the FHA bulletin board.
- Initiate a "Favorite Dish" group. One member may be responsible for a new dish each month. Share the recipe with others.
- Prepare an FHA bulletin board of news and information monthly.

Prepared by: Sandra Sadler, State President
Rebecca Jane McNeill, State Secretary

FUTURE HOMEMAKER SONGS

That FHA Enthusiasm!

(Tune: I've Got That Joy, Joy, Joy)
I've got that FHA enthusiasm down in my heart
(Where?)
Down in my heart, (Where?)
Down in my heart.
I've got that FHA enthusiasm down in my heart
(Where?)
Down in my heart (where?)
Down in my heart to stay.
(Repeat Twice)

The More We Get Together

The more we get together, together, together,
The more we get together
The happier we'll be;
For your friends are my friends,
And my friends are your friends,
The more we get together
The happier we'll be.

FHA Round

1 An-chor your fu-ture with F H A

2 Homem-king is a big role to play

3 Set sail to-day with F H A

4 Get in the ac-tion to-day.

Prepared by: Jeannine Austin, State Treasurer
Judy Elliott, State Recreation Leader

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Set sail to-day with F H A

4
Get in the Ac-tion to-day.

Prepared by: Jeannine Austin, State Treasurer
Judy Elliott, State Recreation Leader



SEPTEMBER

Start the year with good program planning!

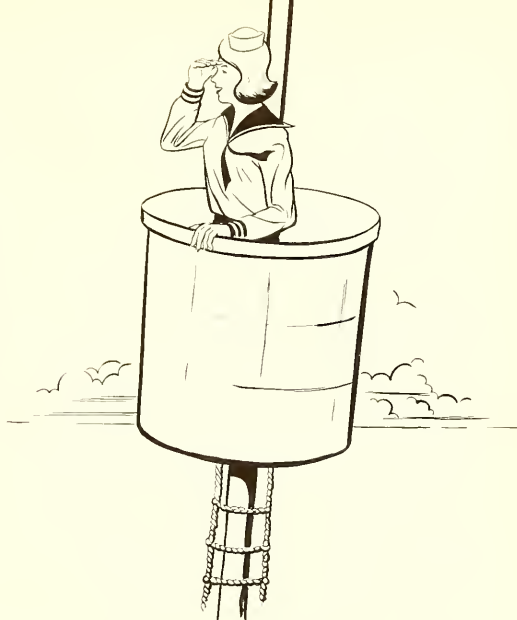
- Plan the chapter program of work. Include objectives, group and individual experiences, national, state and local projects.
- Invite chapter parents to attend a meeting to help plan the program of work.
- Arrange a "Leadership Training Workshop" for all chapter officers. Officers of other student organizations in the school may be invited to participate.
- Plan a meeting of all girls who may be interested in learning about FHA.
- Appoint a membership committee to promote membership.
- Encourage the publicity committee to get acquainted with State and National publications. Prepare an exhibit of FHA publications.
- Check the school calendar and record dates and time of FHA meetings.
- Prepare a chapter handbook including a schedule of programs and a list of chapter members.
- Make use of the State Handbook, National Program of Work, 1962-65, "Future Homemaker" magazine and "Teen Times."

s	m	t	w	t	f	s
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17 Citizenship Day	18	19
20	21	22	23	24	25	26
27	28	29	30			

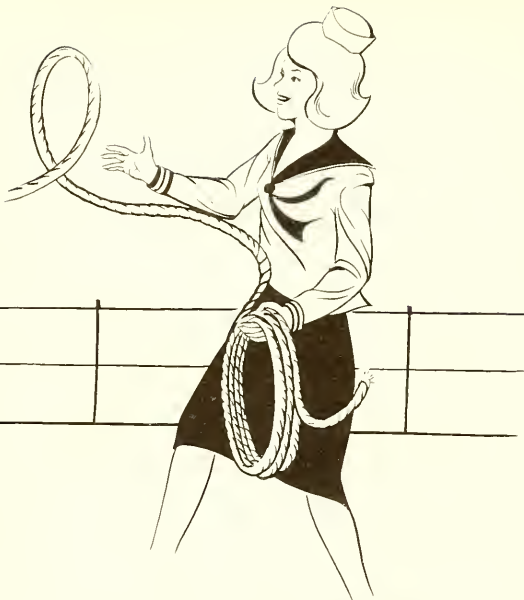
OCTOBER

Appoint committees and secure resource materials on the program of work.

- Present Program of Work at a chapter meeting for approval.
- Appoint a committee to study the chapter, State and National constitutions.
- Appoint a public relations and publicity committee to report news of chapter activities to the school paper, local newspaper, and State and national FHA offices.
- Look for ideas for your program of work by attending the district rally.
- Review qualifications for State officer candidates in the State Handbook and "Fall Forecast."
- Appoint committees to work on projects.



s	m	t	w	t	f	s
				1	2	3 District I Rally
4	5	6	7	8	9	10 District II Rally
11	12 Columbus Day	13	14	15 State Fair Week	16	17 District VIII Rally
18	19	20	21	22	23	24 District VI District VII Rally United Nations Day
25	26	27	28	29	30	31 District III Rally District V Rally Halloween



NOVEMBER

Initiate the degrees of achievement program.

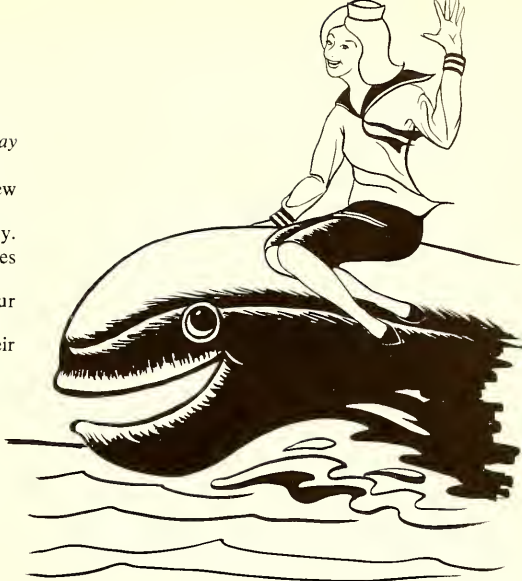
- Plan a chapter program to interpret the degrees of achievement program.
- Appoint a degrees chairman to help members plan, direct and evaluate their work in earning a degree.
- Remind members who are eligible to earn a State Homemaker Degree to send the Declaration of Intention and a plan of work to the State office by November 15.
- Review the State Handbook, pages 15-20, on "Initiating the Degrees of Achievement Program."
- Plan a chapter budget and money-making projects.
- Set up a budget for the chapter.
- Review money-making projects for this year.
- Appoint committees to work on projects.
- Review the purpose and use of State and National dues.
- Set a date for the final collection of dues.

s	m	t	w	t	f	s
1	2	3 General Elections Day	4 Children's Book Week	5	6	7
8	9	10	11 National Education Week Veteran's Day	12	13	14
15	16	17	18	19	20	21 District IV Rally
22	23	24	25	26 Thanksgiving Day	27	28
29	30					

DECEMBER

Practice good citizenship at home during the holiday season.

- Plan special treats for your family. Preparing a new dish would be a nice surprise!
- Ask to care for the younger members of your family.
- Assume some additional household responsibilities during the holiday season.
- Make some attractive gifts for every member of your family.
- Visit your grandparents and help them with their Christmas decorating.



s	m	t	w	t	f	s
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 First Day of Winter	22	23	24	25 Christmas Day	26
27	28	29	30	31		



JANUARY

Plan a chapter program on "You and Your Values."

- Look at your actions and determine what you value most. Prepare a socio-drama or skit to pin-point this emphasis. Have a reactor panel discuss the ideas portrayed.
- Have a program on "How Families Influence Individual Member's Values." At a chapter meeting two members could portray values that are different and the home situation responsible for these values. Have members react to these values and discuss the importance of learning to respect one another's point of view.
- Have a program on "Individual Growth," or "How Do We Grow." Explore such questions as: What is growth? What helps a person become mature? Why do one's values change? Are there some basic values which we will always respect and by which we will live?
- Have some chapter members and parents report on how well-known persons have influenced their lives

s	m	t	w	t	f	s
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

FEBRUARY

Plan activities on the State project "Anchoring Your Future in FHA."

- Plan a workshop type of meeting with parents and boys to develop dating codes for better family relations which can be helpful to parents and teenagers. Make these suggestions available to others through an article in the school paper or a PTA program.
- Invite a family life educator, a marriage counselor, or a minister to talk to the group on "Early Marriages —Why Some Fail and Some Succeed."
- Invite married college students to a chapter meeting to help members see what is entailed in combining college and marriage.
- Ask the family living class to prepare a program on such questions as: Why consider religion in marriage? Is cultural background an important factor in personal adjustment? Are young married couples willing to sacrifice some of the comforts of the home they are leaving to start a new home for themselves?



s	m	t	w	t	f	s
	1	2	3	4	5	6
7	8 Boy Scouts Founded, 1910	9	10	11	12 Lincoln's Birthday	13
14 St. Valentine's Day	15	16	17	18	19	20
21	22 Washington's Birthday	23	24	25	26	27
28						

MARCH

Make plans for celebrating National FHA Week.

- Appoint a committee to outline special activities to celebrate National FHA Week.
- Plan special chapter activities to interpret what the chapter has accomplished during the year.
- Plan a display for a school exhibit case or a downtown store window.
- Plan a school improvement project.
- Plan to attend church on Sunday with your family.
- Report FHA Week activities to your local newspaper, school paper, State and National FHA offices.



s	m	t	w	t	f	s
	1	2	3 Ash Wednesday	4	5	6
7	8	9	10	11	12 Girl Scouts Founded, 1912	13
14	15	16	17 St. Patrick's Day Camp Fire Girls Founded, 1912	18	19	20 First Day of Spring
21	22	23	24	25	26	27
28	29	30	31			

APRIL

Publicize, interpret and promote the objectives and program of the FHA chapter in your community.

- Keep informed about your chapter activities through your local TV station, newspaper, window displays, radio, personal contact, committee actions, demonstrations and exhibits, bulletin boards and photography.
- Study the local community to learn your best ways for publicity.
- Encourage members to write articles interpreting a worthwhile chapter or individual project for use in the FUTURE HOMEMAKERS magazine or *Teen Times*.



s	m	t	w	t	f	s
				1	2	3
4 Passion Sunday	5	6	7 National FHA Week	8	9	10
11 Palm Sunday	12	13	14	15	16 Good Friday	17
18 Easter Sunday	19	20	21	22	23	24
25	26	27	28 National Library Week	29	30	



MAY

Evaluate the work accomplished in the 1964-65 FHA year and begin plans for next year.

- Check goals for the 1964-65 year to determine progress.
- Review qualifications and duties for 1965-66 chapter officers.
- Elect officers for 1965-66.
- Plan a meeting of old and new officers to acquaint the new officers with their responsibilities.
- Send annual FHA report to the State Office by June 1.
- Send a delegate to the national meeting July 12-15, Philadelphia, Pennsylvania.

s	m	t	w	t	f	s
						1
2	3	4	5	6	7	8
9 Mother's Day	10	11	12	13	14	15 Armed Forces Day
16	17	18	19	20	21 American Red Cross Founded, 1881	22
23 30 Memorial Day	24 31	25	26	27	28	29

CHAPTER PROGRAM OF WORK

1964-65

OFFICERS

COMMITTEE CHAIRMEN

OBJECTIVES

PROJECTS

ACTIVITIES

Caroline Gives Facts About the Future Homemakers Organization

The Future Homemakers of America:

- Is a national organization of students studying homemaking in junior and senior high school.
- Is an incorporated non-profit organization supported by membership dues.
- Is composed of members currently enrolled or who have been enrolled in a homemaking course.
- Provides opportunities for developing individual and group initiative, in planning and carrying out activities related to the home.
- Operates through the public schools on local, state and national levels.



Membership in North Carolina Association of Future Homemakers of America
School year 1963-64

Number Chapters434

Membership26,841

PURPOSES

- TO PROMOTE a growing appreciation of the joys and satisfactions of homemaking.
- TO EMPHASIZE the importance of worthy home membership.
- TO ENCOURAGE democracy in home and community life.
- TO WORK for good home and family life for all.
- TO PROMOTE international good will.
- TO FOSTER the development of creative leadership in home and community life.
- TO PROVIDE wholesome individual and group recreation.
- TO FURTHER interest in home economics.





FUTURE HOMEMAKERS

★ North Carolina Association ★

Suggestions for "Action for Citizenship" Project

From: Rutherford County Executive Board Meeting
East Rutherford High School, Forest City

- Make a survey to find residents of your school district who came from another country and try to include some of them in your programs. Find out if any are not citizens of the United States and encourage, as well as, help them to become naturalized citizens.
- Sponsor a school and/or a community clean-up campaign.
- Try to get qualified people to register and those who are registered to vote.
- Organize a youth volunteer group to give needed help to local hospital or in rest and convalescent homes.
- Work as Red Cross volunteers to help with blood banks and soliciting donations.
- FHA mothers who are nurses may train the group.
- Adopt individuals in schools for the handicapped by writing letters, sending friendship boxes, etc.
- Have a "grandmother's day" to which elderly ladies of the community are invited to come to a special program.
- Start a project of obtaining an American Flag for each classroom and have the Pledge of Allegiance as a part of opening of school. American Legion and Auxiliary or Woodmen of the World will help in obtaining flags.
- Begin FHA meetings with Pledge to flag followed by the National Anthem or "America the Beautiful" or some other patriotic song.

Grateful appreciation to Bill Pugh, Curriculum Laboratory, Department of Community Colleges, for the attractive design on the cover of our magazine.

- Have a program on "Happiness is Making Others Happy."
- "Adopt" a needy child or other person or family at Thanksgiving or Christmas. Have FHA members do without candy or a special treat so that they actually sacrifice something and contribute the money to the fund for this needy person or family. "Giving Thanks and Sharing" might be a good title for this project at Thanksgiving.
- Write for Peace Corps pamphlets for the entire membership of the FHA.
- Order Patriotic kit and record from the *Charlotte Observer* (one dollar).
- Have a United Nations supper and dress in costume of Countries represented.
- Report for school paper on school citizenship. Present skits in chapter meetings on school citizenship.
- Plan detailed discussion on school honor system or any other phase of student government or school citizenship.
- Have a program on "Getting to Know Your Community," "Getting to Know Your Friends From Abroad," or "Getting to know Our New States."
- Plan a program around "Civil Defense and Me."
- Plan a program on "What Can I Do for My Country in a Changing World."
- Carry magazine to hospitals.
- Prepare favors for trays at hospitals.
- Prepare a leaflet of citizenship ideas for FHA chapter members.
- Ask chapter members to interview community members on what good citizens are and what responsibilities to community are. Prepare program around this information.
- Plan a program on the role women should play in community affairs.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

State Officers

1964-65

President—Sandra Sadler, I
Vice-President—Susan Banks, VIII
Secretary—Rebecca Jane McNeill, VII
Treasurer—Jeannine Austins, VI
Historian—Peggy Lou Barnes, III
Reporter—Gail Van Doeren, V
Parliamentarian—Lois Ray Ross, IV
Recreation Leader—Judy Elliott, II

Vice-President of National Projects—Jenny Talton, Smithfield Chapter

State Adviser

Mrs. Ernestine H. Frazier

District Advisers

1964-65

Mrs. C. Burchie Johnston, John A. Williamson, I
Miss Alice Swann, Rosewood, II
Mrs. Elizabeth Jackson, Hobbton, III
Mrs. Ramona Cash, Smithfield, IV
Miss Virginia Spencer, North Stokes, V
Mrs. Louise Black, Anson, VI
Mrs. Mary June Sheets, Ashe Central, VII
Mrs. Myrtle Hoyle, Salem, VIII

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education

Raleigh, North Carolina

CHRISTMAS TRADITIONS



CHRISTMAS is the holiday of Happiness and cheerful giving since it celebrates the Greatest Gift of all time. Every country has its Christmas traditions and customs. In this country we are particularly blessed because the beautiful traditions of all countries have come together here, to be followed and added to with the passing years.

CHRISTMAS CAROLS, for instance, are said to have been originated in Italy in the 13th century by that gentle saint, St. Francis of Assisi, or at least composed by the monks around him. Those were days of great religious revival and carols expressed the simple religious fervour and joy of the people. With their universal appeal, carols spread to Spain, France, Germany and England and later across the ocean, until the carols of all nations are familiar to us in our land.

Less universal is the custom of the YULE LOG and not so popular here at present—due probably to a lack of fireplaces. But in England, Scotland and France the Yule log tradition has come down from ancient times. It was a huge log, big enough to burn all Christmas Eve. The bringing home of the Yule log was a family affair, and has given rise to Christmas songs and pictures. It was brought home with great ceremony and lit with a piece saved from the Yule log of the year before.

Before the coming of Christianity, MISTLETOE was a sacred plant, when enemies met under it a truce was held for a day. . . . The custom grew—mistletoe hung over a doorway implied a pledge of peace and friendship sealed with a kiss to the one who entered under it. . . . Later it implied hospitality and welcome. . . . Nowadays,—well watch out for the green and white sprig—or better still, stand demurely under it—a pleasant custom!

Most beloved of all Christmas customs, and doubtless the first Christmas memory of most of us, is genial ST. NICHOLAS perhaps, better known as SANTA CLAUS. He has been immortalized by our own American, "The Night Before Christmas" and pictured forever as the plump, jolly, red-cheeked, white-whiskered fellow we all know. But generations before that, he delighted youngsters in France, Germany and Holland, sometimes as St. Nicholas, sometimes as St. Nick or Santa Klaus. There really was a St. Nicolas, a bishop who lived in the early fourth century in Asia Minor. He helped those in need but did not like to be thanked. For years no one knew who the generous giver of gifts in time of need was . . . but the secret benefactor was discovered and the tradition grew that St. Nicolas brings the gifts that arrive on Christmas night when the children are asleep.

The hanging of STOCKINGS is just part of the Santa Claus tradition . . . there is also a very old custom in some lands for SHOES to be left outside the door filled with oats for Santa's steeds. In Spain, slippers were hidden in the bushes so as not to be too bold in hinting they be filled. Maybe these customs stem again from that generous bishop who one night crawled on a roof and tossed down the chimney a full purse which fell into a sock hung on the chimney to dry!

The origin of the CHRISTMAS TREE is more obscure. By the 16th century the custom was well established in Germany and in the Scandinavian countries. Prince Albert had one set up in Windsor castle in 1841. France, Holland, Switzerland, Austria, Spain, America have all adopted it.

The world over, well-loved Christmas traditions center around the home, reflecting the spirit of joy and happiness that came into the world the first Christmas night.

American Foods for Foreign Friends

FRANCES HAYES, *Hudson Chapter 1963-64*
Home Economics Major, *Meredith College 1964-65*

For several years a Cuban refugee, his wife and his mother-in-law have been living next door to my family. During this time, they have had to make many adjustments not only in customs and climate, but also in eating habits. While living in Cuba, both Dr. and Mrs. Rabina taught at the University of Havana, thus most of the cooking was done by the Rabinas' maid. For this reason and because the food here is not the same as that in Cuba, it is understandable why Mrs. Rabina would have some difficulty in planning and preparing meals here in America. Therefore, I chose as my home experience last year to plan and prepare twelve

American meals for this family. I tried to choose foods traditional of our American holidays so as to further introduce them to our American customs and foods.

The holidays I observed were the following: New Year's Day, Valentine's Day, George Washington's Birthday, Easter, Fourth of July, Halloween, Thanksgiving, and Christmas. I also added four other menus including a Southern favorite, consisting of country ham and grits. All the menus included the typical holiday foods.

As it was somewhat difficult to observe year-round holidays in a two-month period, I had to use table



decorations to create the different holiday moods. Thus, with the typical black-eyed peas, I used a centerpiece featuring bells to ring in the New Year. With heart-shaped congealed salads and an arrangement of permanent white azaleas with

Youth Responds to . . .

Action for Citizenship

A good American citizen is one who accepts the responsibilities which the word "citizenship" implies.

To avoid external as well as internal strife in a nation, the population must value the need for being good citizens. The citizenry must be willing to help protect and defend the nation. A good citizen may assume these responsibilities easily because he has learned his lessons on citizenship well in the home, church, school and community.

I have worked on several projects on citizenship to impress upon youth the need to foster those values which have made America a great nation.

"Be An Informed Citizen" was the title used for an exhibit in the West Stanly School library showcase. It impressed upon students the need to become well-informed citizens by reading good books and articles.

People in Stanly County got a lesson on citizenship when they went to the fair this year. Some of the

FHA'ers in my chapter and I put up a fair exhibit entitled "Keys to Good Citizenship." The booth was done completely in red, white and blue. The words on the keys were: "Obey Laws," "Vote in Elections," "Work for Peace," "Improve Community."

JEANNINE AUSTIN, *State Treasurer*
West Stanly Chapter



"Serve on Jury," "Avoid Group Prejudice," "Pay Taxes Willingly," "Support Public Education," and "Support Citizenship at Home."

To be a good citizen we must show interest in international relations. A bulletin board was prepared to call attention to the fact that to secure freedom we must extend the hand of peace to all foreign countries.

The week of October 19 was Citizenship Week at all schools in our country. During this week, all FHA members in my chapter wore lapel flags reading, "Are you a good citizen?" Over the public address system, speeches were made by students and teachers on school and community citizenship, delinquency, cheating, and democracy.

To complete my project, I wrote a play on citizenship entitled, "What is An American?" This play was presented during an assembly at West Stanly High School and during the afternoon session of the District VI FHA Rally. The play was about a young boy who wanted to leave America. "Uncle Sam" told the boy about America and its wonderful heritage. Many types of Americans, such as Indians, Negroes, Japanese, beatniks and teenagers proved to the boy that America is a great land.

hearts made of red pipe cleaners, we celebrated Valentine's Day. Using a centerpiece of fresh jasmine and crocus surrounded by Easter eggs and rabbits, blending with pink candles and a pink linen tablecloth, we observed the Easter holiday. By using a little talent and a lot of imagination, we developed our holiday spirit.

My first problem was planning menus typical of American holidays. In order to solve this problem, I referred to several cookbooks, many of which belonged to my home economics teacher. Another problem was getting all the food ready at the same time. Here, I found the perfect opportunity to apply what I had been taught in the foods laboratory in high school. With this knowledge, my mother's advice, and practice, I overcame this problem. Without the many helpful hints, wise judgment, encouragement, and advice of my home economics teacher, my project would never have been fully achieved.

Among the new things I learned were the various methods of preparing meals and vegetables, arranging proper table decorations, and learning to schedule my time so as to have everything ready at one time. Through this experience, I realized how important it is to understand a recipe and follow its directions. My greatest lesson, however, was realizing the amount of time involved in planning and preparing a meal. I now understand why being a homemaker is a full-time job.

I thoroughly enjoyed cooking for my Cuban friends. Although I was tired after preparing each meal, I had a meal waiting to be eaten, which provided me with energy to wash dishes. The appreciation that the Rabinas gave me for each meal was my greatest reward. I hope that I helped to introduce Mrs. Rabina not only to American traditions, but also to the preparation of our traditional foods. As the final step in my home experience, I prepared a list of the recipes I used so that Mrs. Rabina could prepare these meals herself.

Final records for the State Homemaker Degree should be mailed to the district FHA supervisor by February 17, 1965.

Boys "Invade" Class

Surry Central Chapter

Home Economics is usually considered a course of study for girls—but not at Surry Central High School in Dobson, where there is a class strictly for boys.

At the present time, the boys are hard at work on a child care unit of study and for the next several weeks will be involved during their hour long class periods caring for and observing ten active youngsters ranging in age from two and one-half to five years.

The boys have made elaborate preparations for this unit of study by

preparing refreshments of juice and crackers for the youngsters, while the remainder of the class observe the activities, noting how the children of different ages handle themselves and react to the different situations which arise, according to their ages and development.

Child Care has been only one phase of the home economics course for the boys. They too have studied a similar curriculum as offered to the girls which includes units of study on family relations, clothing, foods, housing and money management.



constructing a playground behind the classroom. A pretty grassy area has been fenced off by members of the class. The boys have constructed and painted a sturdy sand box and a unique sliding board which may be used outdoors or transferred inside in case of bad weather. A gym set is being repaired and repainted for the play area.

On the first day of the "children's play school" project, being participated in by the home economics classes of the school, the boys were enjoying themselves as much as the ten small charges, composed of five girls and five boys.

Each day, a different group of boys are assigned to taking care of the children, playing with them and

The boys made vests during the study of sewing and a Mount Airy men's clothier visited the class and discussed the selection and care of clothing with the class members.

Each boy is required to carry out four home projects during the year, the same as the girls enrolled in vocational home economics classes. In many instances the boys have made improvements to their homes for the projects such as painting rooms in their homes, working on the lawns and gardening, repairing screens and other useful and money-saving chores around the home. One boy painted the barn roof, while another boy did the housework in his home while his mother was ill.

(Continued on page 7)

National Program of Work

Jenny Talton, Vice President of National Projects from the Smithfield Chapter, called upon many youth and adults across the state to submit some ideas for use by the National Executive Board in preparing the National Program of Work for 1965-1969.

In addition to 43 FHA'ers interviewed at FHA camp, Jenny interviewed teachers, homemakers, a psychologist, farmer, State Legislature Representative, merchant, minister, biologist, engineer, psychiatrist, and mayor to get their ideas on the needs of youth in our society.

The following is a summary of the information gathered from the interviews and presented at the meeting of the National Executive Board:

1. *What are the problems that concern youth in our society?*
(moral, social, economic)

Fast Society

Developing a sense of responsibility

Establishing and maintaining high standards

Early dating

Too much freedom—late hours, etc.

Early dating

Too much freedom—late hours, etc.

Taking marriage, love and sex too lightly

Insufficient preparation for marriage and parenthood

Smoking and drinking

Lack of religious training in home

Acceptance by peers

Selection of friends

Competition — academically, socially

Cheating in school

Participation in extra-curricular activities

Use of talent

Developing individuality and creativity

Growing up gracefully

Conformity

Being indifferent

Exposure of teens to movies, magazines, and commercials which encourage undesirable habits

Lack of respect for others

Desire for status

Racial tensions

Lack of patriotism, practice of

international goodwill

Mobility throughout nation and world—no longer isolated in own area

Lack of security, early guidance, and understanding in home

No appreciation of home and family friendship

No real aim in life

Learning to make decisions

Improving environment

Planning allowance with parents

Lack of funds or funds too readily



JENNY TALTON

Making own money—too few job opportunities for students

No money management skill

Learning to budget time

Determining length of education

Inability to link school and career

Choosing life work

Too much emphasis on material possessions

Acceptance of economic status of family

Understanding role of consumer and preparing to assume role

Threat of war Population explosion and related problems

Physical fitness

Lack of recreation areas

Cost of existing recreation areas

2. *What do you think youth can do to promote interest in helping solve these problems?*

Recognize existing problems

Be interested and show enthusiasm

Discuss problems among youth and gain ideas from each other

Join FHA and/or other worthwhile groups

Work with other clubs

Present problems to community
Develop your own interest in the community

Write articles for newspapers and magazines, make use of television and radio media

Place posters and displays in public places

Perform service projects, individual projects

Encourage county or statewide projects

Sponsor campaigns emphasizing such things as: staying in school, vocational or professional training, better citizenship, youth's role in society

Make surveys and report results

Plan FHA programs about youth problems: Panel discussions and symposiums; and, discussions on youth problems by authorities

Sponsor youth workshops to discuss problems

Participate on programs of civic clubs and PTA dealing with problems

Develop and distribute skits and programs on problems for use by any club

Present programs in school assemblies

Seek guidance from adults

3. *What do you think is the responsibility of the home in solving these problems?*

Good homes make good citizens, family members, and leaders. Since a person is a home member most of his life, the influence of the home is greater than any other place.

By becoming more informed of the problems that youth face, parents are able to channel their love, understanding, and guidance in the right direction. Only when they become aware of the problems can they communicate with teens. It is the responsibility of the youth in the home to keep them up to date. When willingness to discuss important matters is shown by youth, adults feel that their maturity has reached the point where they should be given the opportunity for self-expression, and chances to make decisions.

Direct methods of solving youth problems in the home consist of family councils, providing religious training, improving home life, and providing financial training. Also the home offers security as it demands respect for family members and outsiders, encourages democratic relationships, and develops a sense of responsibility in its members.

TEEN TARGET . . . GOOD NUTRITION

CARROLL MODE
Franklinton Chapter

The opportunity to plan and carry out activities which are beneficial to us, our families, our communities and our nation is a richly rewarding experience too seldom offered to young people. Last summer a group of teenagers was given such an opportunity: a new state Youthpower program for North Carolina. I served on this planning committee as a representative of the North Carolina Future Homemakers Association.

Youthpower is a nationwide food educational program to upgrade nutritional standards, knowledge of food and the food industry and to create new interest in food related careers. It is a program geared especially to teenagers. Why a teen target? The reason is obvious—teens are a very important group. We are the parents and leaders of tomorrow, the food buyers and menu-planners. In a few years we will be in charge of the health and fitness of an entire family—a big responsibility.

Why do we need a program such as Youthpower in our modern day? The answer here may not be obvious to many of us. It is true that today's teenagers are taller, heavier and healthier than ever before. But it is also a well-known fact that teens are the poorest fed group. A high percentage do not eat an adequate breakfast, and food quackery and faddism are flourishing on the teen level.

Many approaches have been used in North Carolina to create interest in teenage nutrition. One of these is participation in the National Youthpower Program. The climax of this program is the National Youthpower Congress held each Spring in Chicago. Representatives from youth organizations attend this gala event as a reward for their work with nutrition. It was my privilege to attend the Congress last year as FHA's envoy.

I was immediately impressed with the quality of the delegates from all over the nation. The rapid flow of ideas and the thoughtful discussions kept everyone on his



toes. The Congress also gave me a chance to work on one of the state FHA projects of strengthening our relationship with other organizations. Here were people who not only represented different sections of the nation but many different youth organizations as well. I felt it was my responsibility to represent North Carolina's FHA'ers well, and I tried to be observant of the other delegates in this capacity too. It was interesting to note that FHA'ers

came into their own in discussions concerning nutrition and the farm-to-table story. Perhaps we had an advantage over the others because of our training as homemakers and our basic concern over the health of our nation.

Truly the National Youthpower Congress was a wonderful experience. It was a week of education, inspiration and excitement.

One of my thoughts at the close of the week was a wish that every North Carolina teenager could have such an experience. Therefore, I was especially delighted to be asked to help plan a new program for North Carolina which would include county and statewide Youthpower Congresses as well as the national event. Our committee which included adult advisers as well as youth representatives coordinated a year-round program for Youthpower which we believe will prove effective. In some thirty counties, a Youthpower committee will be established in co-operation with youth organizations and a county breakfast held to introduce the new program to prospective teen participants. Teenagers will then conduct projects either in the area

(Continued on inside back cover)

Will the Real You Step Forward?

PEGGY BARNES, *State Historian*
Pembroke Chapter

Have you ever stopped to think about what you mean to your family, friends and others who know you? You probably have, but I don't mean from just a self-centered standpoint. Have you made an effort to gain an *objective* understanding of yourself through a critical look at the values expressed in your everyday behavior? Perhaps your family and friends can help you discover the real you.

What are values anyway? Simply stated, values are what we prize most in life. Take for example the great value teenagers place on social acceptance. Would it be difficult to recognize this value in your actions, perhaps as you consider what you are wearing today? Teenagers, I think we need to find a balance between expressing individual values and accepting what we call the group's values, and you're right—it isn't easy!

On the other hand, are you be-

ginning to recognize values expressed by your parents, teachers, and other adults? Very likely some of their values conflict with yours, but with an open-minded attitude you may find that some of these differences are not in values, but in individual expressions of similar values. Perhaps your idea of enjoyable music is not the same as your mother's opinion, though you both enjoy some kind of music.

Becoming the real you doesn't happen overnight. In fact, you'll be changing and acquiring different values throughout life. The reason you are being challenged to consider your values now is to allow them to give direction to your life today in all the decisions you face. Now is the time to begin pinpointing your values and testing them in your family life, your school life and your community life. The world needs more teenagers who are aware of where they're going and who can tell you why. Have you made this effort to become the real you?

West Henderson FHA'ers Find Work Rewarding

LINDA WARD
West Henderson Chapter

The person who said that you can't have fun doing for others hasn't met the West Henderson FHA girls. Since last September we have been busy helping our fellow students, our community, and our fellow Americans.

We began in home territory by selling ribbons for our football games. Not only did we raise money this way, but we helped boost our school spirit as well. The money we raised selling stationery and Christmas cards helped us to purchase new sewing machines for our home economics department.

As one of our projects, we make visits to Quinn's Rest Home to show those there that they are remembered. On Thanksgiving we furnished a fruit basket for each person. For them on Christmas, several members presented a program of songs and readings. We also gave each person there a pair of bedroom shoes made by our members.

The retarded children in our county and state hold special recognition in our chapter. We made mints and other items for the local bazaar held for them. Over a hundred boxes of candy were sold by our members to help the retarded Children's Fund. For those in our state, our girls worked long and

hard on stuffed animals which were sent to four hospitals in North Carolina. Our girls enjoy seeing others having a good time, and we did when we gave a party for the special education classes at Mill River School. The children really enjoyed the refreshments and the gifts, and our reward was great.

As we move on to another state project, we find our girls busy preparing gifts for Broughton Hospital in Morganton. A variety of gifts was asked for and our chapter responded very well.

Looking to the future, we find our girls entertaining the patients at Oteen Veteran's Hospital. We are planning a delightful program of song and dance. Our girls will also prepare attractive tray favors and refreshments for those present.

Yes, we certainly do keep busy, but we hear no complaints. Our rewards come when we see happiness in the eyes and smiles on the faces of those we serve.

ANCHORS AWAY WITH FHA

DISTRICT V RALLY

Below: Griffith Chapter (Forsyth County) presented ideas for programs on the state project, "Anchors Away With FHA." Top right: Northeast Guilford Chapter welcomed 1,000 FHA'ers to their school. Lower right: Stanville Chapter called the roll by placing the name of each county on an "anchor."



Pine Cone Christmas Tree

HARRY P. HARDING CHAPTER

Last Christmas Future Homemakers and their adviser, Miss Emily Carr, at the Harry P. Harding Senior High School in Charlotte used many natural materials in designing Christmas decorations for the home. Among the beautiful decorations they designed was a Pine Cone Christmas Tree. They have shared their "recipe" and you may wish to make one for your home.

Materials:

Baby Chick Wire—the amount to buy depends on the height of the wire, since the width and height must be in proportion.

One small styrofoam Christmas tree.

One sheet 2 inch thickness styrofoam.

One dowel rod—five feet in length, 1 inch in diameter (the size and height depends on the desired size of tree).

Pine cones galore! (Sugar pine cones were used on tree in photograph.) Cones chosen should be in proportion to size of the tree.



Directions:

Fasten the Baby Chick wire together making a cylinder.

Form a cone from the wire by cutting out four triangles at even distance and opposite each other.

Wire the cut edges together forming a cone.

Using small, non-rust florist wire, wire the back of each pine cone, leaving wire ends long enough to put through the Baby Chick wire and wrap tightly.

Beginning at the bottom of the

cone-shaped tree, put a row of pine cones as close together as possible and attach firmly to the chick wire by twisting the wire stems of the cones as tightly as possible without breaking the wire.

Continue row after row until the top is reached. Be sure to put rows as close together as possible.

There will be spaces between cones. To fill these, soak some cones (with no wire in them) in cold water until they close up. Force these wet cones into the spaces. When they dry, they will fill the space.

You may spray tree or tip it with gold and glitter. If new cones are used, the natural colors are pretty.

Sharpen each end of the dowel rod. On one end of the rod stick the styrofoam Christmas tree. Place it through the chick wire cone to the small end.

Shape a cylinder the size of the bottom of the tree from half of the sheet of styrofoam. Push the other end of the dowel rod through the center of the styrofoam cylinder and then into a pot or other container filled with some material that will hold the tree firmly in place. (The second half of the sheet of styrofoam may be used for this purpose.)

BOYS "INVADE" CLASS

(Continued from page 3)

When questioned as to why boys enroll in home economics, one replied frankly by saying, "We thought we could get away with most anything, but it didn't take long to find out that was not true." Continuing he said, "We have learned a lot of new things, experienced doing things for ourselves (i.e. baking cakes and bread which we do have a chance to do at home). We also learned about family relations . . . how to get along with people, and learned about housing, such as where to build, how, what and the price range of building a house."

Last but not least, he expressed enjoyment of making the vest. "Taking out and putting back the stitches," he said.

A visit to the boys' class at Surry Central reveals that the 19 class members have learned their lessons well. In statements they made concerning values received from the class, all expressed pleasure in having knowledge of sewing, cooking, budgeting and a better understanding of family relations.

GIFTS FOR ONE DOLLAR OR LESS



Southern Chapter, Durham County

Mother's Day was approaching and many Future Homemakers found that they were short of funds. It sounded like a great idea when someone suggested that we make our Mother's Day gifts!

One dollar or less, much imagination and creativity were our main

resources. Our gifts included pol-low cases, placements, wall hangings, waste baskets, pillows, bottle lamps, pot holders, covered hangers, flat iron bookends and some refinished picture frames and furniture.

Our mothers were delighted that we had remembered "their" day in such a special way!

Recipe for a Prize-Winning Booth

MARTHA ANN LAUTEN,
President-elect
Madison-Mayodan Chapter

Late in September the Madison-Mayodan Chapter of the Future Homemakers of America began work on their annual fair booth for the Rockingham County Agricultural Fair.

We got a lot of our ideas from some of the booths we saw when we visited the North Carolina State Fair last year in Raleigh.

The first thing to be done was to make our "recipe" for what we hoped would be the "blue ribbon" booth.

We decided that the most important part of our recipe would be many interested girls. At the September chapter meeting we announced our plans and asked for enthusiastic volunteers. There was a lot of response, the idea was accepted, and work was begun.

The real problem that faced us was building the framework for the booth, so our first visit took us to a carpenter. We explained what we wanted to build, and he helped us decide on the needed lumber and building supplies. Next we called the lumber company and had the materials sent out to the fair grounds. We had persuaded our friend, the carpenter, to help us with it: so on Tuesday night a group of enthusiastic girls appeared dressed right for the art of carpentering—in bermudas and sweat shirts. With the carpenter and a few boys as the teachers, we began to build our booth. By the end of that long night, we had our framework and fence completed.

The next day the decorating problem began. We stopped at the local funeral home and borrowed some grass which we rushed to the fair grounds and promptly nailed into place.

The next three days were spent at home and at school trying to get the sign and the glittered stars ready. While some were doing this, others were trying to finish the shadow boxes.

Our theme for this year was "Stars Shine on Vocational Home Economics." These words were printed on a large piece of plywood painted yellow and sprinkled heavily with gold glitter.

We drew stars about one and

one-half feet wide on plywood and painted and glittered these also. To these stars we nailed dark blue shadow boxes and wrote name plates for each one. We divided

Chapter Chatter

the main areas of home economics into the following: "Camp," "Home Projects," "Mother-Daughter Banquet," "Clothing," "Adult Classes," "Classroom Instruction," "Areas of Home Economics," and "Home Visits." These titles appeared under each star written on a dark blue

card to match the boxes, the letters being done in glitter.

We then arranged each shadow box and, in turn, arranged each star on one of three stair-steps. When it was completed, we had three stars on the bottom, two in the middle, and three on top. We covered the fence surrounding it with blue and gold crepe paper leaving streamers hanging to the ground and down the sides of the booth.

The booth was completed a little earlier than we had expected, and the waiting for the next four days was full of wonder and expectation. When the night finally arrived for the judging, the FHA'ers came early to the fair and waited patiently for the announcement. When it finally came, there were a lot of happy girls, for we had won our blue ribbon and the money!

WHAT MAKES A GOOD PICTURE?



Northern High School FHA'ers, Donna Hargis, left, Shelly Smith, center, and Jennie Ellis, win top three places in State Chicken Cooking Contest.

1. Do your pictures show *action*?
2. Are your pictures informal and realistic?
3. Are the persons in the picture looking at the work being done, rather than at the camera?
4. Have you avoided a cluttered appearance by not having too many persons or objects in the picture?
5. Have you focused your camera

directly upon the scene you wish to capture?

6. When taking interior pictures:
 - a. Are you sure the room is in order?
 - b. Are you sure that persons and things being photographed make a neat appearance?
 - c. Have you avoided shadows by planning for proper lighting?

Brodden Presents "Stunt Night"

GEORGIA PARKER

Brodden Chapter (Wayne County)

An FHA Stunt Night—now that sounds like an ideal way to earn money for a treasury. For the girls from Brodden FHA Chapter, it was an idea that helped us to accomplish our goal of earning money to help pay the expenses of our Mother-Daughter Banquet and other costly projects. Our earnings totaled \$63.

We increased interest in the activity by appointing a committee to draw posters advertising the event in our community.

On the evening of March 13, 1964, 37 FHA participants bounced on the Brodden High School auditorium stage to present our stunts. The majority of the program's acts were original and entertaining. All of the costumes and scenery used were results of the girls' planning and borrowing the necessities.

The program was opened by five clapping, yelling, and foot-stomping hillbillies whose jolly antics enticed the crowd's interest. The B.B.'s (Brodden Beatles) almost brought the roof down when they pantomimed two of their latest hits. The Mermaids, another rock and roll group, brought cheers from the audience with their hit record. Our quack-quack wedding was a comedy smash. The fifteen models who presented the fashion show were more than original in their wardrobe. One girl wore real bones on her bone shoes while another wore candy suckers on her seersucker dress. A number of recitations were presented. A shadow act featuring Dr. Kildare and Dr. Zorba performing a hilarious operation ended the program. The climax of Stunt Night was the presentation of awards for deserving acts chosen by three judges who were teachers on the high school faculty.

Yes, it was fun-filled evening of family entertainment. Not only did we accomplish our goal of making money, but we also proved to our parents and community that we have sincere concern in the betterment of our surroundings. Stunt Night was our own way of showing our deep appreciation to them for their time and efforts in seeing that we young citizens grow up in a clean, prosperous community.

Cranberry Whip

Not too sweet, not too tart, this is a delicate dessert to serve in individual ramekins or custard cups. Red ramekins would look Christmasy at holiday time. Or put the Cranberry Whip in tart shells and top with whipped cream and candied fruit.

- 1 tablespoon unflavored gelatin
- $\frac{1}{4}$ cup cold water
- 1 cup jellied strained cranberry sauce (canned or homemade)
- 3 egg whites
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon lemon juice
- 1 teaspoon grated orange rind
- 1. Soften gelatin in the cold water.

2. Break up cranberry sauce with a fork in a saucepan. Bring to a boil over low direct heat, stirring constantly. Remove from heat and dissolve softened gelatine in cranberry sauce.

3. Beat egg whites and salt until egg whites are stiff but not dry. Add sugar, lemon juice, and grated orange rind gradually, continuing to beat.

4. Add hot cranberry-gelatin mixture slowly to beaten egg whites, beating constantly. Beat for 2 minutes longer.

5. Pour into a bowl and refrigerate until set, about 2 hours. If desired, serve with cream.

TIME: chill 2 hours

AMOUNT: 6 to 8 servings

DISH: $1\frac{1}{2}$ quart bowl

TEEN TARGET

(Continued from page 5)

of food-related careers or nutrition.

Previously, such projects have been carried out as follow-up work of Youthpower delegates. They include such activities as surveys, speeches, bulletin boards, news clippings, and also special emphasis on the nutrition in the home. The four best projects will be selected in each county and the winners invited to attend the new State Youthpower Congress. From these winners, ten will be selected to attend the National Congress in Chicago.

We who have worked to create this program feel that it is a dynamic one. I shall be watching closely for the far-reaching, beneficial effects it will surely have on our organization, our state, and our nation.

Creativity In Action

Shelby Chapter



Eleanor Holton, District VI winner in the Egg Contest, came away with honors at the North Carolina State Contest in Raleigh. Miss Holton placed second with her original Ham and Egg Supreme casserole winning a Tappan range and gas candles.

Eleanor is the daughter of Mrs. Harriette McD. Holton, who happens to be her home economics teacher. They designed an "original" apron for the contest. It was white with her name written across the bib. Around the bottom were six eggs—a facsimile of hard-cooked eggs with a faint tint of yellow showing. On the apron was written the recipe for Egg and Ham Supreme with "Mr. Good-For-You" wearing a crown, looking over the recipe.

Eleanor, a senior at Shelby Senior High, is an Honor Student. She is FHA president at Shelby High, Worthy Advisor of the Rainbow for Girls, and Grand Love in State Organization. Eleanor was first alternate for FHA National Vice President candidate from North Carolina; she won a Jefferson Standard Foundation Television Scholarship this summer at the University of North Carolina. She is *Daily Star's* teen correspondent from Shelby High, member of the band, Beta Club, Spanish Club, Future Teachers of America, a school Marshal, and member of the National Honor Society. She plans to major in home economics.

Keeping Christmas

Are you willing to stoop down and consider the needs and the desires of little children; to remember the weakness and loneliness of people who are growing old; to stop asking how much your friends love you and ask yourself whether you love them enough; to bear in mind the things that other people have to bear on their hearts: to try to understand what those who live in the same house with you really want, without waiting for them to tell you; to trim your lamp so that it will give more light and less smoke and to carry it in front so that your shadow will fall behind you; to make a grave for your ugly thoughts and a garden for your kindly feelings, with the gate open—are you willing to do these things even for a day? Then you can keep Christmas. Are you willing to believe that love is the strongest thing in the world—stronger than hate, stronger than evil, stronger than death—and that the blessed life which began in Bethlehem nineteen hundred years ago is the image and brightness of the Eternal Love? Then you can keep Christmas. And if you keep it for a day, why not always? But you can never keep it alone.

—HENRY VAN DYKE



FUTURE HOMEMAKERS

★ North Carolina Association ★



North Rowan Girls Get Almost Carried Away by Doll Project

Little girls love dolls — little girls of all ages.

The home economics teacher at North Rowan High School has to keep the 72 dolls now resting in her home economics lab in their boxes to keep her high school students — and herself — from playing with them.

The dolls and a fantastic assortment of clothing are the result of work done by the civic committee of North Rowan's Future Homemakers of America chapter. The girls volunteered to dress dolls for the Moose Lodge and the Salvation Army to give to needy children during the Christmas season. Working on their own time after school, they became so carried away that they almost made full-time business of the affair.

The 44 Moose dolls and 30 Salvation Army dolls have outfits for everything from weddings to skiing to lounging or skating, not to mention morning clothes, afternoon clothes and evening clothes.

Some of the girls became so interested that they made as many as four outfits for one doll — and hung the extras on tiny coat-hangers made from pipe cleaners.

One student took an old nylon slip and cut it up to

make pretty underclothes for her doll. Another made a doll's hat using the cup portion of an egg carton for a frame. Still another student used scraps from a coat her mother had made for her to make her doll a coat just like her own.

The girls worked on the clothes after school for three weeks. No money was spent. All the materials were scraps furnished by the home economics teacher, from friends, or the girls themselves.

The department looked like Santa's workshop. In addition to the dolls, the girls made wreaths for the Veterans Hospital and Santa Claus candy holders for local nursing homes.

All the work was done through the FHA's civic committee, which gave the girls an opportunity to learn about civic work and to realize that there are other people in the world besides themselves.

OUR COVER—Dr. Walter Kerr, Director of the National Youth Foundation, Nancy Whitley, President of the Enloe Chapter, Gail Van Doeren, State Reporter, and Lois Ray Ross, State Parliamentarian, pose for a photograph at the State Convention, March 20, 1965.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

State Officers 1964-65

President—Sandra Sadler, I
Vice-President—Susan Banks, VIII
Secretary—Rebecca Jane McNeill, VII
Treasurer—Jeannine Austins, VI
Reporter—Gail Van Doeren, V
Parliamentarian—Lois Ray Ross, IV
Historian—Peggy Lou Barnes, III
Recreation Leader—Judy Elliott, II

Vice-President of National Projects—Jenny Talton, Smithfield Chapter

District Advisers 1964-65

Mrs. C. Burchie Johnston, John A. Williamson, I
Miss Alice Swann, Rosewood, II
Mrs. Elizabeth Jackson, Hobbs, III
Mrs. Ramona Cash, Smithfield, IV
Miss Virginia Spencer, North Stokes, V
Mrs. Louise Black, Anson, VI
Mrs. Mary June Sheets, Ashe Central, VII
Mrs. Mrytle Hoyle, Salem, VIII

State Adviser

Mrs. Ernestine H. Frazier

Membership—26,678

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina

County Federation

A Pep Pill for Local FHA Chapters

REBECCA JANE MCNEILL
State Secretary

Does your FHA chapter lack interest? Does it need a shot in the arm? If so, you might be interested



chapters to meet with us and discuss the idea of forming a county federation. This organization committee held its first meeting January 28, 1965. The federation idea was explained to the group by my adviser and me. The girls were then asked to go back to their local chapters and obtain the opinions of their chapter members regarding the idea.

The organization committee met again on February 18. We were pleased to learn that all the chapters had voted unanimously for the federation! We then began making plans for the election of our federation officers. As there are three high schools in Ashe County, we decided to elect six officers. By having two officers from each school, the responsibilities of the federation would be shared by all the schools.

The group decided to divide the offices into pairs — president and song leader, vice president and treasurer and secretary and reporter. These offices were numbered and written on pieces of paper which were drawn from a hat by each chapter president. Each chapter nominated two candidates for each office they had drawn; from these

twelve nominees, the six officers will be elected for our county federation. There will be an annual rotation of officers similar to that of state officers.

In order to obtain more ideas, our Ashe Central Chapter was given the opportunity to use our county federation idea as a home economics classroom learning experience. Each girl was asked to write an essay giving her views on the county federation. A prize was awarded to the writer of the best essay at our Mother-Daughter Social. In addition to offering more individual ideas, this helped the members to better understand the purpose of a county federation.

The following week the organization committee met again to complete the plans for our first federation meeting. For our theme we chose "Anchors Away With Our County FHA." Our main feature will be a speaker who will discuss a girl's favorite subject — becoming more attractive. A skit presenting a clear picture of our county federation, its purposes and its aims, has been planned also. Our first meeting is on May 15. Each member's mother will be invited as a special guest.

We are hoping that this "pep pill" will perk up the Ashe County FHA chapters and make this year the best ever for them!

in knowing how we brought the Ashe County Chapters to life.

My local adviser and I invited the advisers, presidents and vice presidents of the Ashe County FHA

Are Teenagers Pushed Too Hard?

LUCY BAIRD
J. F. Webb Chapter

Get high marks and great dates, join the school clubs, be the best-dressed! Can a teener do all this and survive? Not unless you learn how to stand up to the big push.

The feelings of worry and panic that sweep over teeners because of the demands made upon their time and energy must be met by finding some place of "retreat." Each must have some time, some place, some area of apartness, to relax, take stock, and see their competitions and drives in their proper perspective. Whether you do it by going to your room and putting everything aside to listen to music for a half-hour, or by taking a walk alone, or sitting up in the attic gazing into the sky and space through the win-

dow, you owe yourself this privacy and solitude.

Competition and striving are not necessarily bad; you want to try out as many experiences as possible, win out in competition, and make an impression on those around you. But there are ways of balancing your strength and weaknesses and choosing what to strive for. You can handle all challenges thrown at you today if you:

1. Make sure that one of your involvements is something you really want to do right now! No matter what it is, have it going for you excitingly and successfully in the present.

2. Tackle your weakest or most boring subject at the beginning of your homework period.

3. Get immediate help with any



subject you find difficult to understand.

4. Try to choose an outside activity to please yourself, as well as your teachers and parents.

(Continued on page 3)

Earning a State Homemakers Degree

Standard I: She thinks through her personal goals in light of her needs, interests and abilities and follows a plan for the wise use of her resources to achieve her goals.

I have saved through the use of a budget, the approximate amount of \$35.00 for an evening gown to wear to the Junior-Senior Prom this spring. This was made possible by saving all the money that I was given as gifts instead of spending it for things that I really did not need. It really surprised me how fast even pennies could add up to a sizable sum if you saved them. Mother called me another "Silas Marner" because I counted the money that I had saved so much, but it was really fun to watch the money that I had saved grow to the sum of \$35.00.

—JUDY HORNE

I have known for a long time that I could use several improvements in my personality. I decided to list the improvements that I needed and to make a rule of personality traits and to apply them in my own life. The traits which I needed to improve were attitude, posture and manners. I often catch myself humped over my desk in school. It was not because of poor health or laziness but because of neglect. I have developed the habit now of sitting erect. I have learned to smile and speak often to students and teachers. I have also started being more polite, prompt, cheerful, and orderly. One small rule I apply daily is "Do unto others as you would have them do unto you."

—MARJORIE JANE McDONALD

Standard II: Has assumed responsibility for worthwhile homemaking activities for a period of time long enough to show definite improvement.

My grandmother lives with us and I've tried to spend more time with her. I do all her correspondence and make her favorite cakes and cookies. I have shown interest in her hobby of quilting. I wash and set her hair if she doesn't feel like going to have it set. I do as many things for her as I can. This doesn't

take much of my time, and I feel it is very important to her.

—CHERYLE YVONNE MOORE

In order that I might learn something about food preservation, I asked my mother if I might do part of the canning and freezing for the family this summer and she readily agreed. Of course, I helped to gather and prepare the vegetables for canning, but the real fun didn't begin until I went through the process alone. I canned tomato juice, snap beans, beets, butter beans, butterpeas, green peas, and packed corn in packages for the freezer. Earlier in the spring I picked and capped 53 pints of strawberries for jam and preserves. Later I made blackberry jam from the blackberries I picked. From the peaches and apples that my mother purchased during the month of August, I made applesauce and canned peaches. I thoroughly enjoyed this project and my mother appreciated my help.

—LYNDA BLALOCK

Standard III: Holds responsible positions in connection with the FHA chapter and or participates in other

worthwhile FHA projects and activities.

To celebrate FHA Week, our chapter organized a school clean-up committee. I was on the committee to clean the backstage of the auditorium. I worked with a group of girls, and we suffered the aches and pains together! There was much writing on the walls, but before we were through they were fresh and clean. Mark by mark we scrubbed them clean! Chewing gum on the floors was scraped up with knives and human power. The floors were scrubbed with strong suds and I helped move props to the basement. It was work but worth all my efforts to feel that I had part in making my school more attractive.

—NANCY KATHRYN BROWN

Our FHA chapter was chartered in the fall of 1947. Since then we have had a historian to keep a scrapbook each year. However, these books had never been compiled into a true history. I made notes from all nineteen scrapbooks and then wrote the chapter's history year by year. I plan to present



A record number of FHA'ers received the State Homemaker Degree at the State Convention! 259 members from 94 chapters earned the degree this year.

copies of it to the chapter, to the school, and to the State FHA Office. I also plan to write an article about its preparation for our state and national magazines.

—ELEANOR HOLTON

Standard IV: Participates in an outstanding way in activities provided for in the State FHA Program of Work.

I participated in a contest sponsored by our local Civitan Club. The seniors who wished to enter wrote a theme of more than 500 words on the topic "Think — Speak — Participate — Build America's Future." In my theme I stressed thinking through things with an open mind to reach a logical conclusion. It is important to speak for what we think is right. I emphasized participation of all our American citizens in our industrialized society. I reminded everyone of our many freedoms that we take for granted. I expressed the need for the education of our youth because we are builders of America's future. While writing the theme, I realized that I was guilty of taking our free country with its many freedoms for granted.

—BETTY MEDLIN

I attended a County Leadership Workshop and assisted in teaching a class on High School Dropouts. I prepared a poster on reasons students drop out of high school. After presenting the poster and other facts on dropouts, the entire class discussed ways in which we could prevent dropouts in our own schools. We agreed that one way we could all encourage potential dropouts to stay in school was to be more friendly with these students. We agreed that we should recognize these students for some special talent they have and should urge them to take an active part in school activities. I have tried to follow through with these suggestions.

—PAMELA WOOD

Standard V: Helps others in the community to understand the goals of a broad homemaking education program.

I attended the February meeting of the Better Community Woman's Club. After their regular program, I presented a prepared program on the Goals and Benefits of Home Economics and FHA. In this program, I explained the eight pur-

poses, the seal, the colors, and the values of FHA. I explained the programs of work and activities of FHA Chapters. Then I told the members of some of my experiences in home economics education and FHA. I wound my program up with an explanation of FHA degree work and a question and answer period. I received an enthusiastic response to my program, and many of the women told me that they were surprised and pleased to learn of the beneficial activities of these groups.

—JANICE HAVNER

I carried out my goal of helping others to understand the goals of a broad homemaking program by inviting a group of girls to meet at my home to learn new homemaking skills. None of the five girls I invited are taking home economics this year, but all were interested in homemaking skills and were glad to learn a new skill. We were given a demonstration on stuffing fabric pictures. This proved to be fun and not too hard to learn. Each girl was pleased to learn how to make something attractive for their home or for gifts. At the second meeting, a former florist came to my home and demonstrated arranging flowers. Afterwards I served pizza and coke.

—PATSY FREEMAN

Standard VI: Holds positions of leadership in school activities and/or responsibilities which contribute to school improvement.

As a bus driver I drove the school bus as one of the school's regular drivers. I drove the activity bus to the District Rally in 1964 for our local chapter of Future Homemakers. I have also driven the activity bus on other school sponsored trips. My activities as a bus driver have made me even more careful as a driver. This has been especially true when I know that I am responsible for the lives of many people.

—BETH SKIPPER

The Inter-Club Council is composed of club presidents and their sponsors. As a member of this club, I represent FHA. The purpose of the club is to promote leadership and to assign various projects to the clubs. These projects include safety campaigns, school beautification, and events such as homecoming parades and dances and College Night. Our club is usually responsible for refreshments. It is my responsibility to appoint com-

mittees and to do everything possible to make the event a success.

—BRENDA FISHER

Standard VII: Participates effectively in community activities which contribute to better family life.

I assisted the county workers at the Polio Clinic held in the school cafeteria by instructing each person in the order in which they should go to get their sugar cubes. I enjoyed doing this because I felt that I was helping other people.

—BRENDA PRINCE

I was assistant teacher in our kindergarten church school class. The unit was entitled "Our Church." We wanted to help the children feel at home in their church school room and with their teachers. Throughout the unit, we visited other parts of the church. When we completed the unit I felt the children understood that the church was a group of people that love God and that there were many workers in the church. I felt a sense of accomplishment, having helped the children learn that happy times can be had at church and making them feel a part of the church family.

—SUZANNE LEE SHOMPER

ARE TEENAGERS PUSHED

(Continued from page 1)

5. If you are snowed under by too many outside activities, make a quick choice of the most exciting and drop the others.

6. At the beginning of the term, organize to do the "must" things first as quickly and efficiently as possible.

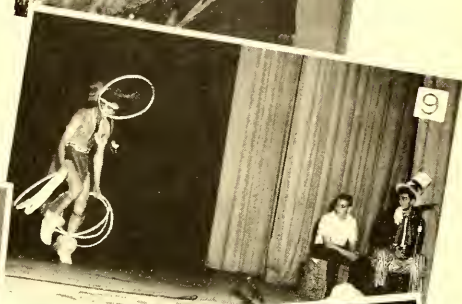
7. The most important strength in standing up to the big push is a proper evaluation of yourself. Don't feel angry with yourself, or inferior, if you're not doing as much as some of your classmates.

If you want to compete, you can try. If you don't want to compete, you don't have to. Whatever your choice, make it on the basis of your interests. Set your own pace, your own goals, and find out what you want by trying new things. You can always change your pattern, improve your ability, raise your goals. . . . But do these things out of the strength of what you want, not envy or worry about what someone else is doing. That's the secret of standing up to the big push. Not only that, you'll push ahead, too!

We Are America's Future!

3,200 FHA'ers, advisers and guests attended the FHA State Convention on March 20, 1965. Dr. Walter Kerr, Director of the National Youth Foundation, presented the keynote address during the morning session. The West Stanly FHA Chapter presented a pageant, "What Is An American?" during the afternoon session. *The Progressive Farmer's* "Outstanding Woman of the Year" award was presented to Mrs. John Chase, an honorary member of the FHA. Honorary memberships were presented to: Mrs. James H. Ward, Plymouth; Mrs. Betty Freezor, Charlotte; Mrs. Katherine Lyons, Raleigh; and Mr. C. B. Deane, Rockingham.





Grateful appreciation to Mr. L. Alton Daniels who has been the official photographer at several state conventions, rallies and even on hand to photograph groups at the railroad station departing for national conventions. Pictures may be ordered from Mr. L. Alton Daniels, 1618 Sunrise Avenue, Raleigh, North Carolina. Give the number of the picture and include \$1.50 for each print ordered by June 1.

Family Living

IS EVERYBODY'S BUSINESS

A Report of the North Carolina Family Life Conference

GAIL VAN DOEREN
State Reporter

The Family Life Conference in Durham was a two and a half day symposium covering the National, State and Local levels. The opening address was given by Dr. Smiley Blanton, who stressed the importance of family life work from a standpoint of an overall approach. He explained the manner in which our personalities are developed, and dealt briefly with the psychological make-up of the individual. He said our main problem in making marriage work is that many adults have failed to "modify their childish selfishness, curb childish aggression, and relieve anxieties, thereby remaining in a state of immaturity." He gave several case histories of marriage counselling — explaining the psychologist's method of treatment, and stated that one of the cardinal principles of counselling is to learn to accept people as they are. He concluded by saying, "Get to know yourself and through this recognize emotional factors in your family relationships."

The second day session began with a speech by Dr. Grace Hewell of the National Department of Health, Education and Welfare. She discussed the changing characteristics of our families — the increase in numbers of families, size of families, mobility of families, youthfulness of families, and the changes in families brought about by the large percentage of working mothers. All of these factors have created problems with which modern society is having to learn to cope.

She listed a number of areas in which real progress has been made — our educational systems, health programs, social security and the world-wide effort in the preservation of peace and freedom.

The government programs she explained included: the President's Committee on the Status of Women (whose report urges new and expanded services in the areas of health, education, counselling, and child care), Federal-State programs of unemployment insurance, Area

Redevelopment Act, Manpower Development and Training Act, Vocational Education Act and the Economic Opportunity Act. She stresses a commission on Children and Youth, Family Life and Parent Education and its co-ordination of every Federal department or agency concerned with children and family life.

Significant advances towards goals in health and medical fields have been made: The Migrant Health Act in particular is helping communities improve health services for nearly one million migrant workers and their families. Vaccination Assistance Act will help immunize thousands of children, mental illness and retardation are being attacked by the National Institute of Mental Health, and training programs have been initiated to help overcome the shortages of physicians, dentists, nurses and social workers.

In closing, she placed Family Life counselling high on the list of community services needed to strengthen the home, and challenged each of her listeners to see that our communities develop comprehensive, balanced programs to attack the roots of poverty.

Dr. Clark Vincent, President of the National Council on Family Relations, described methods of counselling. First, he mentioned the developing trends in counselling the whole family using four different approaches:

1. Multiple Impact Theory — several psychiatrists interview the same member

2. Collaborative — several members of each family are each counselled by a different person.

3. Contingent — one case worker treats at least two members of the same family

4. Con-Joint — three or four members are seen at the same time

Dr. Vincent stated that the greatest need in the Family Counselling area is that standards must be established, curriculum strengthened, and principles and procedures for Family Life educators in each state must be set up.

At the state level, Dr. Jacob



Koomen, Jr., Dr. Catherine T. Dennis, and Mr. Howard E. Manning reported on North Carolina's accomplishments. In the field of education, Dr. Dennis listed ten areas in which North Carolina is pioneering such as: Governor's School for the Gifted and Talented, N. C. School of the Arts, N. C. Advancement School for Under-Achievers, Learning Institute of North Carolina (to search how people learn and how they learn best), the school for Rejectees, and projected programs for vocational work. Gaps in North Carolina's program include limited offerings in Adult Education and training opportunities for care of small children, and a great need for occupational training.

Mr. Manning of the State Board of Welfare said North Carolina's biggest problem is in the aged and a growing tendency on the part of families to "unload" older people on Welfare. He said all case workers are over-loaded and have little time to give to counselling, and that welfare has stopped with the giving of money in the past fifteen years. On the positive side he listed Forsyth County's "Meals on Wheels," homemaker service in thirty counties, 373 family care homes and 328 nursing homes. He said social agencies must learn to work together.

Dr. Koomen explained North Carolina's unique health set-up. His report listed three medical schools, a dental school, school of Pharmacy and Public Health, thirty-four schools of Nursing, 147 General Hospitals, four State Tuberculosis Hospitals, one Federal Tuberculosis Hospital, and 1,100 beds for the mentally ill. He said that at present there are about 141,000 mentally retarded persons in North Carolina.

and there is treatment available for three out of every hundred. Prognosis is excellent for chemical diagnosis to prevent retardation.

1. To fight premature death — from heart disease, cancer or highway accident causes.

2. To prevent the disruption of homes by removal of persons from the home, either because of old age, illness or death.

3. To give information on Controlled Conception.

The "What Youth Are Doing" panel in the evening session consisted of representatives from seven youth organizations. Miss Betty Scott of the 4-H Club said 4-H work stresses the home and community with particular emphasis on creating better home atmosphere.

Bill Purdy of Demolay said that the Demolay structure is patterned after the family unit. They emphasize "Honor Thy Father and Mother," and the brotherhood of all Demolay members and stress respectful family relations.

Sylvia Simpson, one of the North Carolina Volunteers in the VISTA program discussed her work in the poverty cycle area. The one hundred volunteers went into seven counties in North Carolina assisting in any way possible with education, home improvement, health, sanitation, and working with children and adults.

Susan Ferrell, who has an FHA State Homemaker Degree, listed four areas in which FHA work is extremely helpful.

1. Helping family relations
2. Learning responsibility and working with others
3. Developing potential abilities
4. Learning techniques of being a wise consumer

Woody Hamlett of the Boy Scouts of America, said that the organization develops family relationships, creativity, purpose and perseverance.

In conclusion, the panelists agreed that:

1. Adults must strengthen their own situation in order to help solve youth problems.

2. Parents must really be sincerely interested in their children's activities.

3. There should be more family worship.

4. Through the gift of themselves, the panelists felt growth and change in themselves.

You and Your Values

PHYLLIS HOLT
East Duplin Chapter

Life is a gift, not on loan for just a few days at a time, but a gift to be lived each day and each year! This gift of life may be large or small depending on the way it is used, protected and nurtured. The full life is one that is based on strong personal values — values that guide our thoughts and actions day after day.

It would be easy to live as a robot with a prearranged pattern designed before life begins, without the necessity for making decisions. Life is, however, filled with tests requiring decisions, some to be made almost instantaneously. Without a set of strong values these tests are frequently harrassing and the result of the decision is devastating.

Since we are not born with a strong set of values, we must begin early in life thinking about our ultimate goals and ambitions and subscribe to a set of beliefs that will aid us in attaining our desires in life.

Take a look at yourself! What are your brilliant features and what features do you wish to improve? Take a look at the inner self, too! Is there a desire to develop your-



self socially, morally and culturally so as to be a contributing member of society? If one can answer these questions realistically and continue to make a few guidelines for future growth and development, one is on the way to mature living.

Today in our society, we as teenagers are really on our own! We may feel that our parents set our values for us when our moral and social codes are threatened, but

(Continued on cover 3)



FHA'ers at the Charles B. Aycok High School who were earning their State Homemaker Degrees spent many enjoyable hours making toys for the children's ward of the Wayne County Memorial Hospital. Shown presenting the toys to three patients are from left to right: Mary Susan Hicks, Brenda Edmundson, Jane Pittman, Bonnie Futrelle, Cheryl Pierce, Wilma Futrell, Nannie Huffman, and Nan Lancaster.

Chapter Chatter

The Apex Chapter of Future Homemakers decided to work cooperatively with the local FFA Chapter during this school year. The FFA'ers gave us some tips on Parliamentary procedure and even planned a cookout to give us some tips on how to cook a fine meal outdoors. We held a joint Christmas social and enjoyed square dancing. The FFA'ers feel that joint projects are valuable and recommend the idea to other chapters!

The Bartlett Yancey FHA Chapter was right in step with the political campaigns this fall by participating in the annual Danville Fair Fashion Show. "Campaigning For Tomorrow's Fashions" was chosen as the theme for this year. This annual Fashion Show is sponsored by the Danville Fair; however, it is planned and put on by schools in and near Danville, Virginia. Bartlett Yancey High School has participated for several years.

In order for a school to participate, it must have at least five girls, and not more than six, modeling garments. Each school is then assigned certain duties such as decorating, writing the script, or selecting music and pages.

This year Bartlett Yancey was responsible for selecting pages, who ushered models on the stage. To carry out the theme of the revue, Uncle Sam costumes were chosen and made by the Bartlett Yancey FHA.

Six homemaking students from Bartlett Yancey made and modeled their garments in the show along with approximately fifty other students from other schools. Each garment modeled by students was placed into one of four categories:

1. Get Acquainted (casual dress)
2. Touring (school dresses, suits, sleepwear, sportswear, etc.)
3. Convention (suits, dresses)
4. Victory (party clothes, evening gowns)

This year, the location of the Fashion Revue near the entrance to the fairgrounds made it possible for many more people than usual to watch and enjoy the show. Not only was the Danville Fair Association very courteous and cooperative in making this fashion revue possible, but it also gave each school \$135 for participating. The FHA members look forward each year to participating. Many new friends are made by both students and teachers. In this way, the public becomes more informed about FHA and the homemaking program.

Hats off to the Beaufort High School Chapter for their school improvement project! In March nine crepe myrtle plants were planted by members of the FHA and FFA on the Beaufort School campus.

The Benson Future Homemakers along with their adviser and student teacher visited the Home Economics Department at Campbell College in December. On arrival, the Benson group was served refreshments and heard Mrs. Tuck, head of the Home Economics Department, discuss the advantages of choosing some

field of home economics as a career. The group was conducted on a tour of the home economics department during the day.

A Durham grandmother went back to school not as student, but as a teacher! Mrs. Ernest Lowe was a special guest of the Future Homemakers of America of Southern High School. The girls invited their grandmothers to the meeting, and Gloria Lowe asked her grandmother to demonstrate "a long-lost art — quilt making." Mrs. Lowe chatted gaily with the girls as she demonstrated each step in the process of making a quilt and showed them several that she and her daughter-in-law have made.

"They don't look so pretty until after they're quilted," she said apologetically as she showed the top layer of a quilt with multitudes of small colored squares sewed together in what Mrs. Lowe calls her "Around the World" pattern because "every kind of square goes around in a row."

The hardest part of quilting, Mrs. Lowe said, is figuring out the pattern and choosing a color scheme and collecting the colors. It takes her about a week to cut out the pieces and another week to piece them together.

After the top layer of the quilt is pieced together in a colorful and intricate design, the process of quilting can begin. Mrs. Lowe said she first lays the quilting frame on the floor, then adds the lining for the quilt. On top of this she spreads a layer of cotton, then adds the top layer. After the quilt is assembled, the edges are tacked in around the edges of the frame. As the quilting is done, the frame is rolled up with the quilt to give access to the middle sections.

Pointing with pride to her "Round the World" quilt, Mrs. Lowe said, "I've made a dozen or more quilts like this one, always with a different color scheme.

When you hang it up at night it looks like a rainbow when the light shines on it." It was obvious that the girls enjoyed the lesson on quilt making as much as she enjoyed giving it.

Nine happy youngsters from the Flon Home for Children began Christmas festivities early when the Graham Chapter of the Future Homemakers of America entertained them the night of December 7. The three girls and six boys were brought to the high school home economics department by some of the members. The department itself suggested the coming of the Yuletide season with its colorful decorations.

Several games were enjoyed by the children, but the girls had more fun watching the action and excitement of the lively ones! The club's faces were red when it was discovered that all of the children had "pinned the tail on the donkey." The judge had a hard time deciding who received first prize. Girls and children played "Simon Says," and it was quite a while before a child was chosen winner. They were just too smart! Refreshments were served and gifts were presented to the children. Christmas carols ended the party.

The Harmony FHA Chapter has completed several projects this year. Our Christmas project was most successful. With almost total participation, 120 members searched their homes for articles to contribute to three needy families in the community.

Canned soups, vegetables, fruits, potatoes, wash cloths, towels, and potholders were brought to the home economics department and packed for delivery to the families. A special committee, headed by our president, Shelby Gallier, took the food to the families. It was worth all of our efforts to see the expression of thankfulness as the families received the gifts.

The Jones Central sewing lab is an



These FHA members from the Hoke High Chapter spent one Saturday selling hot coffee to raise money for the Heart Fund. FHA'ers from left to right are: Kote McMillan, Vice President; Morie McFoyden, President; and Betty Pape.

example of students and teachers working together to get needed equipment when funds from usual sources are short. Home economics girls have conducted several sales of commercial items and with the money they raised, six large tables have been purchased for the classroom in which sewing is taught. Students have raised and spent more than \$600 in this department. Next door in the cooking area, all the equipment including the tile on the floor, has been purchased over the years with money raised through projects the home economics girls have taken. This includes the stoves, dish washers, refrigerators and other items.

The chapter members recently honored their mothers and special guests at a banquet in the school cafeteria. The theme of the banquet was "Younger Than Springtime." The program was planned so that all members and mothers could participate throughout the evening.

The LaFayette Chapter of Harnett County was very active in the observance of National FHA Week. The group attended church together on Sunday. On Monday night the FHA had charge of the PTA program and presented an inspiring devotion on values, a review of fashions for spring made by the home economics girls, and songs by a group of FHA'ers. An FHA member from each homeroom lead the daily devotion in her room on Tuesday. Wednesday brought all the girls to school brightly clad in red and white to symbolize the colors of the FHA. On Thursday, girls brought their home projects to "show and tell" in the home economics department. On Friday, the FHA'ers entertained the high school faculty in the department. Each girl was to do something worthwhile for her family on Saturday.

In addition to these daily activities, posters were made to be distributed in the community, newspaper articles were written for the local papers, an article was prepared for the local radio station, and bulletin boards depicting FHA Week were made.

As tradition has it, Christmas is a time to practice the old saying "It is better to give than to receive." The Pinehurst Future Homemakers of America are not ones to stick to tradition — instead, they put it into action.

At an earlier meeting, the suggestion to prepare Christmas baskets for the school help and school secretaries was brought up and accepted enthusiastically by the FHA members. Then the work began. The FHA girls spent their time baking the food and packing the food in baskets. They ignored the temptation to use the time for themselves because they decided that others were more important. These girls are experiencing the old saying instead of only speaking about it as so many people do.

On the last day of school before Christmas vacation, the principal and his wife financed a tea for all the students in high school. The FHA sponsored it. Punch, cookies and "nuts and bolts" were served.

The Seagrove Chapter reported to school a day early to help the teachers make final preparations for the beginning of school. The girls did odd jobs that would be of service to the faculty members.

State Homemaker Conducts Survey on Citizenship Grades

BRENDA FISHER
Whiteville Chapter

For many students, citizenship grades are just as important as the grades made on English, history, math, science and home economics;



but for some students, citizenship grades have much less meaning!

A survey was recently made to determine the reasons why some students made poor citizenship grades in the Whiteville High School. The survey was conducted in eight homerooms with two homerooms representing each grade level in the high school and with almost the same number of boys as girls participating. The survey sheets were completed by students who had received lower than a "B" on citizenship during this school year.

Included in the questionnaire were the following questions:

1. Have you received a conduct grade lower than a "B" this year?
2. Do you feel that your subject grades have been affected by a low citizenship grade?
3. What has been your parents'

attitude toward your low conduct grade?

4. Give the reasons you think you received this conduct grade.

The highest percentage of those students receiving lower than "B" on citizenship gave talking as the primary reason for the grade. Wasting time and misbehaving ranked second and third as reasons for poor citizenship grades. Students said that parents were more critical when girls received a low conduct grade than boys, indicating that parents expected daughters to behave like ladies all the time.

Only those students who listed "wasting time" as a reason for a poor citizenship grade thought that subject grades were affected by poor citizenship. A large percentage of the boys said their parents' attitude was one of indifference and no disciplinary action was taken.

The findings from the survey were used as program material for the next FHA meeting.

YOU AND YOUR VALUES

(Continued from page 7)

when we are honest we know that we govern what we do! The rates of crime, school dropouts and illegitimacy among youth are evidence that teenagers are making their own decisions. When we are entrusted with the family car, dating or socializing with other teenagers, it is up to us to decide just what our values are and how we can influence change in the values held by others.

Discuss your values with friends and, more important, discuss them with your family. It is a pretty sure bet that if your family in its own protective environment disagrees with your thoughts, that other people will too. We must listen to our family for they are more concerned about our own happiness and welfare than anyone else.

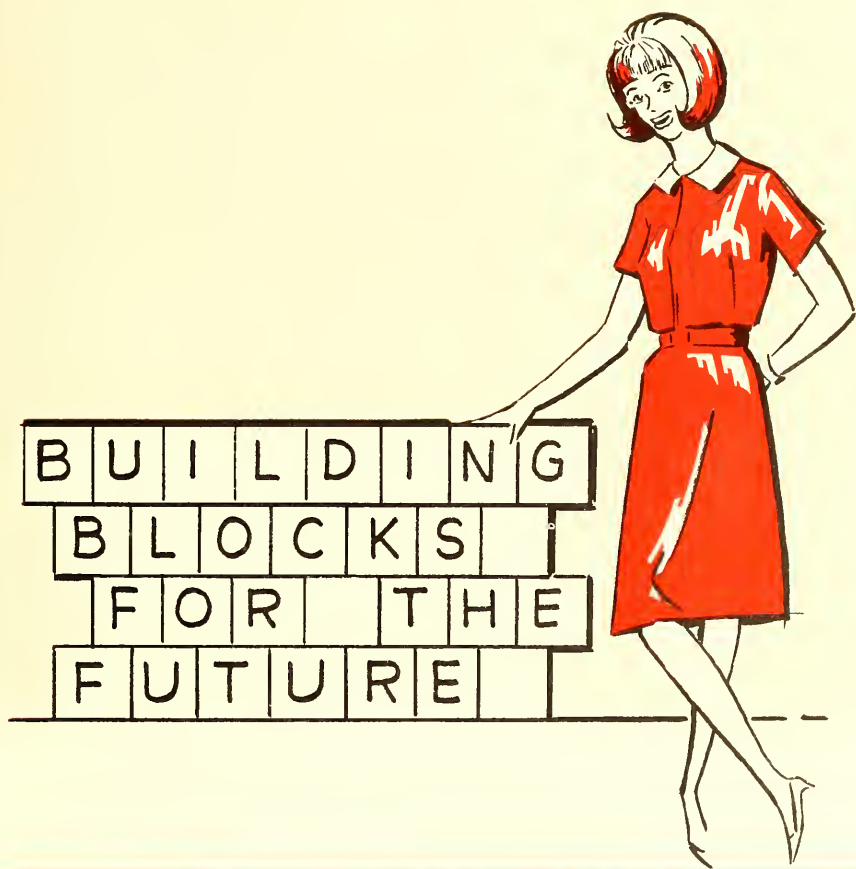
Life is beautiful and we can assume a meaningful role in life when we have based our direction on strong moral, social and religious values.

ERROR IN CAMP DATES: The dates for FHA camp were listed incorrectly on the camp registration form. The correct dates are: first week, August 9-14; second week, August 16-21.

Living

The miser thinks he's living when he's hoarding up his gold;
The soldier calls it living when he's doing something bold;
The sailor thinks it living to be tossed upon the sea,
And upon this very subject no two men of us agree.
But hold to the opinion, as I walk my way along,
That living's made of laughter and good fellowship and song.
I wouldn't call it living to be always seeking gold,
To bank all the present gladness for the days when I'll be old,
I wouldn't call it living to spend all my strength for fame,
And forego the many pleasures which today are mine to claim.
I wouldn't for the splendor of the world set out to roam,
And forsake my laughing children and the peace I know at home.
Oh, the thing that I call living isn't gold or fame at all;
It's fellowship and sunshine, and it's roses by the wall.
It's evening glad with music and a hearth-fire that's ablaze,
And the joys which come to mortals in a thousand different ways.
It is laughter and contentment and the struggle for a goal:
It is everything that's needful in the shaping of a soul.

—*Edgar A. Guest*



FUTURE HOMEMAKERS

★ North Carolina Association ★



Hi, Future Homemakers
of North Carolina!

In addition to the new program of work for the coming year, your association also has a new State FHA adviser. I am Hazel G. Tripp, wife of Jarvis Tripp, who is an assistant principal at Fuquay-Varina. We have two children—a teenage son, Tommy, and an eleven-year-old daughter, Angela.

My interest in FHA has grown through the years — first, as a student at Farmville High School in Pitt County, then as a home economics major at East Carolina College. It continued to develop while I taught vocational home economics in Greene County

and Pitt County. Then my family and I moved to Madison-Mayodan where we lived for six years. During these years my enthusiasm was stimulated as I helped direct the chapter activities. Also, at this time I completed my master's degree at the University of North Carolina at Greensboro.

In addition to FHA responsibilities, I will assist home economics teachers in seven counties.

It was challenging and stimulating to work with your executive council this summer. With the State goals set, FHA chapters have many activities from which to choose in developing the local program of work.

I will be looking forward to hearing from you with news articles and pictures about your local activities. Good luck to you this year!

Drawings in this issue were designed by Frances Aycock, State Reporter, and Bill Pugh, Curriculum Laboratory, Department of Community Colleges, Raleigh, North Carolina.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS

1965-66

President, Susan Banks, VIII
Vice-President, Beth Kirk, VII
Secretary, Cynthia Overcash, VI
Treasurer, Susan Martin, V
Reporter, Frances Aycock, IV
Parliamentarian, Ann Troublefield, III
Historian, Patsy Britt, II
Recreation Leader, Cindy Glover, I

DISTRICT ADVISERS

1965-66

Mrs. Nelle Dotson, West Henderson, VIII
Miss Ruth Dillard, South Rowan, VII
Mrs. Katharine Smith, West Lincoln, VI
Mrs. Helen M. Godwin, Northwest Guilford, V
Mrs. Dorothy Pruitt, J. F. Webb, IV
Mrs. Clara Neville, Pembroke, III
Mrs. Marion Elkin, East Duplin, II
Mrs. Jane Bass, Tarboro, I

State Adviser

Mrs. Hazel G. Tripp

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina 27602



National Convention Highlights

Thirty excited Future Homemakers, eight State Officers, eight District Advisers and Dr. Catherine T. Dennis, State Supervisor of Home Economics Education, left Raleigh on July 11 en route to attend the national FHA convention at the Bellevue-Stratford Hotel, Philadelphia, Pennsylvania. This national convention was a treat for all who attended because the North Carolina delegates joined the other 1,150 delegates from all other states to learn about "Building Blocks for the Future."

The "Building Blocks for the Future" were interpreted throughout the meeting as the two objectives and nine projects included in the National Program of Work for 1965-69. This program will help youth to re-evaluate their objectives and purposes for the future. It is believed that in using this program of work in cooperation with the home economics program, students will be better able to see a closer relationship between home economics instruction and FHA activities.

Helping the FHA'ers attending the national meeting to understand the extent to which the program may be used in their own lives and in local FHA chapters were speakers such as: Mrs. Orville Freeman, wife of Secretary of Agriculture; Dr. Mary Calderone, Director of Sex Information and Education Council; Dr. Carl S. Winters, a Baptist minister; Miss Francena L. Nolan, Dean of the School of Home Economics at the University of Connecticut; Helen M. Thal, Education Director of the Institute of Life Insurance; Mrs. Eleanor D. Macklin, Extension Specialist in the Department of Child Development and Family Re-

lationships at Cornell University; and Dr. Pauline Stitt of the Children's Bureau. The value of resource people speaking on their personal experiences which has made them as they are was a true highlight of the convention.

(All speeches made at the national convention will be included in the first issue of TEEN TIMES.)

The North Carolina delegation were not only listeners at the national convention but served as hostesses and ushers at general sessions in addition to participating in discussion groups. The North Carolina association is extremely proud of the representation it had in Philadelphia this summer. Those attending were:

Mrs. Jane Bass, Tarboro; Cindy Glover, West Edgecombe; Viola Johnson, Columbia; Vickie Hardee, Grimesland; Jeannette Sawyer, Bath; Nancy Leggett, Scotland Neck; Mrs. Marion Elkin, East Duplin; Patsy Britt, Southern Wayne; Jamie Cayton, Lee Woodard; Sheri Ray, White Oak; Mary Davis, Rosewood; Paula Luckadoo, Jacksonville; Arlene Dew, Rock Ridge; Ann O'Neal Rogerson, Kenly; Sandra Ferrell, Lucama; Mrs. Clara Neville, Pembroke; Ann Troublefield, Hobbton; Jackie Holt, Stedman; Sandra Smithson, Southern Pines; Hannah Smith, Chadbourne; Cynthia McAdams, Pine Forest; Ann Lucas, Union; Barbara Harris, Hobbton; Ann Hendricks, Hamlet; Mrs. Dorothy Pruitt, J. F. Webb; Frances Aycock, Smithfield; Dorothea Jones, J. F. Webb; Mary Blandy, Smithfield; Linda Barber, Micro; Hazel Parrish, Clayton; Cheryl Joyner, Nashville; Mrs. Helen P. Godwin, Northwest Guilford; Susan Martin, Eastern Alamance; Linda McDonald, Asheboro; Mrs. Katharine Smith, West Lincoln; Cynthia Overcash, W. R. Odell; Miss Ruth Dillard, South Rowan; Beth Kirk, South Rowan; Carolyn Foster, Davie County; Mrs. Nelle Dodson, West Henderson; Susan Banks, Rutherfordton-Spindale; Patricia Burgess, East Rutherford; Judy McLean, West Henderson. Picture above.

Association Proud of Jenny Talton

Jenny Lanning Talton, National Vice President of Projects, made the North Carolina delegates attending the national convention glow with pride as the Program of Work was presented.

Jenny spent many hours during the past year interviewing youth, ministers, parents, teachers and professional workers to learn what they thought youth was concerned about and needed to learn in order to be prepared to live in our modern society.

This survey was the foundation for use in writing a Program of Work for 1965-69 by the National Executive Council and Board.

The script that was used to interpret the objective for each general session at the national meeting was written by Jenny. In addition, many props were designed and made by Jenny and her family.

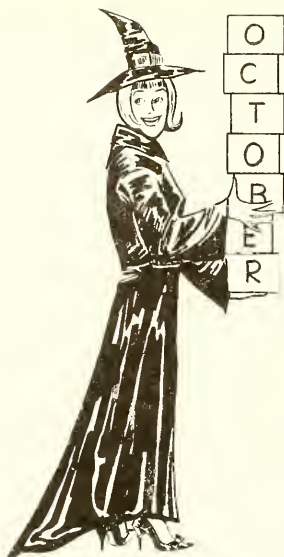
Jenny was a member of FHA for four years, attended three National Conventions, and earned the highest FHA award, the State Homemaker Degree. Her energy was not confined to FHA activities for she was a musician, artist and participated in many school activities.

She is the daughter of Mr. and Mrs. Wade Talton of Smithfield.

Mrs. Ramona Cash was the chapter adviser at Smithfield and District IV Adviser. She accompanied Jenny to meetings in Washington and advised her on her work and responsibilities.

Jenny is presently a freshman at Duke University. The North Carolina FHA Association extends very best wishes to Jenny as she launches on the task of preparing for the future!

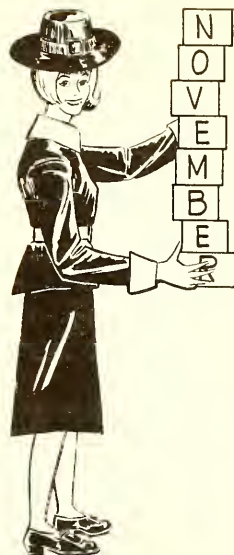




- Present Program of Work and handbook at a chapter meeting for approval.
- Appoint a committee to study the chapter, State and National FHA Constitutions.
- Committees plan chapter programs related to the national and State objectives.
- Public relations and publicity committees report news of chapter activities to the school-paper, local newspaper, and State and national FHA offices.
- Review qualifications for State officer candidates and candidate for national vice president in the State handbook and "Fall Forecast."
- Attend the district rally and get ideas to be used in chapter work.
- Become acquainted with your chapter parents and all members of your FHA chapter.
- Set up chapter files for devotions, skits, relaxers, and State and national materials.
- Have a get-acquainted social for new members.
- Send interesting articles for publication in the State magazine.
- Affiliate with the State organization by sending dues to the State office promptly.
- File your intention to work on the State Degree early; make a plan of work and begin your work this month.

s	m	t	w	t	f	s
					1	2
				Many receive advice But only The wise profit by it		
3	4	5	6	7	8	9
		What is planned ahead of time is done quickly.				District II Rally Goldsboro High School District VIII Rally Auditorium Asheville
10	11	12	13	14	15	16
N. C. Family Life Council Charlotte, N. C.			State Fair Week			District V & VII Rally Greensboro Coliseum
17	18	19	20	21	22	23
	Sacred and happy homes . . . Are the sweet guarantees for the Moral progress of a nation					District VI Rally Belmont High School
24	25	26	27	28	29	30
		Character is like a rifle; It cannot shoot higher Than it is aimed.		United Nations Day		Districts III, IV Rally Memorial Auditorium Raleigh District I Rally College of Albemarle ElizabethCity
Halloween 31						

- Initiate the degrees of achievement program. Have a chapter program to interpret the degrees of achievement program.
- Degree committee chairman help members plan, direct and evaluate their work in earning a degree.
- Members who are eligible to earn the *State Home-maker Degree* must send the Declaration of Intention and a plan of work to the State Office by November 15.
- Review the State Handbook, pages 15-20, on "Initiating the Degrees of Achievement Program."
- Plan and set up a chapter budget.
- Committees continue to work on projects.
- Review the purpose and use of State and National dues.
- Set a date for the final collection of dues. Affiliation dues must reach the State Office by December 1.
- Plan special family activities for the Thanksgiving season.
- FHA members serve as hostesses at Open House during National Education Week.
- Chapter member review *Teen Times* and select a committee to assume the responsibility for its circulation. (One copy for every 10 members.)



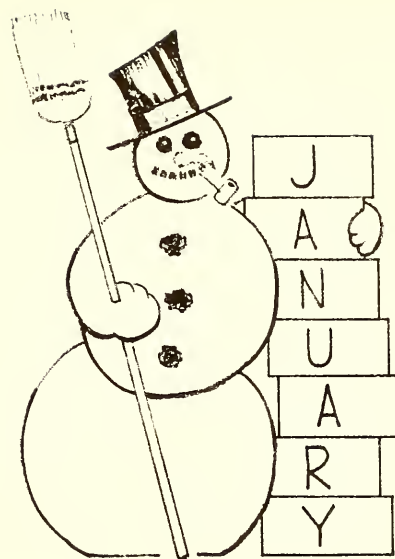
s	m	t	w	t	f	s
	1	2	3	4	5	6
		A girl without patience is like a lamp without oil.				
7	8	9	10	11	12	13
Politeness is to do and say the kindest things in the kindest way				Veterans Day		
14	15	16	17	18	19	20
	State Degree Declaration of Intention Deadline			Thoughtfulness and graciousness are expressed in the frequent use of the words "Please," "Thank you," "Sir" and "Madam."		
21	22	23	24	25	26	27
				Thanksgiving Day		
28	29	30				
There is no witness so dreadful, no accuser so terrible as the conscience that dwells in the heart of every man.				The world is like a mirror, Reflecting what you do, And if your face is smiling It smiles right back at you.		



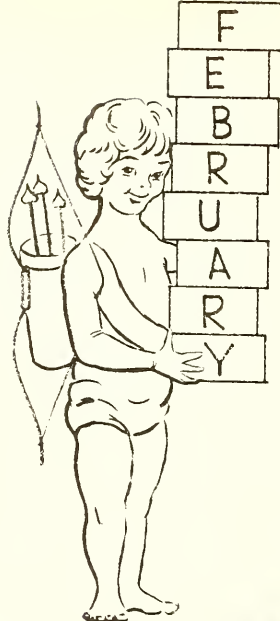
- Plan a special activity to help carry out the State project, "Make Your Money Behave."
- Invite a panel of boys and girls to discuss the pros and cons of teenagers having charge accounts.
- Help younger brothers and sisters evaluate how they spend their allowance. Aid them in setting up a spending plan.
- Review your family's income tax return with your parents to broaden your knowledge concerning income tax requirements.
- Plan special treats for the family.
- Assume some additional household responsibilities during the holiday season.
- Make some attractive gifts for every member of your family.
- Do something for school service folks who have helped your chapter (custodians, cafeteria personnel, secretaries, and others).
- Do something special for chapter parents.
- Encourage members to write articles interpreting a worthwhile chapter or individual project for use in the FUTURE HOMEMAKER magazine or *Teen Times*.
- Remember: December 1 is the deadline for a chapter to affiliate with the State and national organization of the Future Homemakers of America.

s	m	t	w	t	f	s
			1 Application Dues Deadline	2	3	4
5	6	7	8	9	10	11
He who toils with pain will eat with pleasure.			The interests of childhood and youth are the interests of mankind.			
12	13	14	15	16	17	18
Fellowship in joy, not sympathy in sorrow, is what makes friends.						
19	20	21	22	23	24	25
	There is nothing wrong with the younger generation that the older generation didn't outgrow.				Christmas Day	
26	27	28	29	30	31	
Never was good work done without much trouble.						

- Begin the new year with a backward glance and a forward look.
- Check progress toward Degrees of Achievement.
- Plan a chapter and community program on "Jobs, Careers, and You."
- Build a chapter program around the topic, "After High School, What?"
- Sponsor an all-student assembly on "The Necessity of Education for Employment."
- Have a panel of recent graduates who are now employed to discuss their work and preparation required.
- Invite former chapter members to tell how their home economics classes and FHA experiences have helped them in their present work.



s	m	t	w	t	f	s
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Thou crassest desert lands of barren years to reach the moment of fulfilment						
16	17	18	19	20	21	22
The highest goes hand in hand with the lowest. It is only the commonplace who walks at a distance						
23	24	25	26	27	28	29
Gems will no man's life sustain; Best of gold is golden grain.						
30	31					

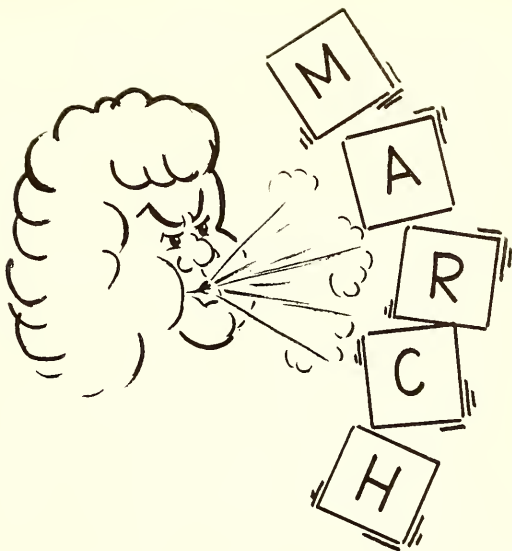


- Reporters send articles and pictures which are newsworthy to the State Adviser.
- Try special activities that show you to be creative, expressive, and appreciative in the art of gracious living in your home.
- Work as a chapter to develop desirable patterns of behavior for youth to emphasize the project, "Morals and Manners Matter."
- Have panel of FHA members and parents discuss acceptable behavior and practices.
- Have a question box on "Is this behavior acceptable for teenagers?" Build a program around the questions.
- Emphasize the importance of the development of a code of ethics to gain self-respect and the respect of others.
- Prepare a skit showing consequences of cheating.
- Invite a minister to speak at a chapter meeting or special activity on the topic "Morals Do Matter."
- Invite a panel of parents and grandparents to discuss differences in behavior of youth today and when they were teenagers. Follow with group discussion pointing out standards that remain constant regardless of our changing society.
- Check your chapter constitution: Does it need revision?

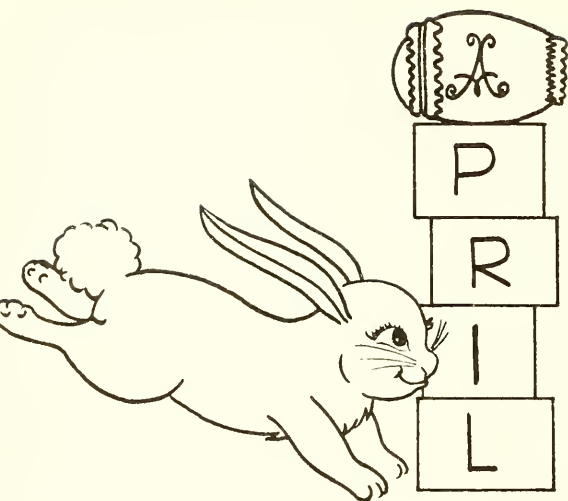
s	m	t	w	t	f	s
		1	2	3	4	5
			Even savage animals, if kept shut up, forget their courage.			
6	7	8	9	10	11	12
		Let the household hold together, though the house be ne'er so small;				Lincoln's Birthday
13	14	15	16	17	18	19
	Valentine's Day			Strip the rice-husk from the rice-grain, and it groweth not at all.		
20	21	22	23	24	25	26
		Washington's Birthday				
27	28					

Address of National Headquarters:
 Future Homemakers of America
 Department of Health, Education and Welfare
 Office of Education
 Washington, D. C. 20202

- Make PLANS for celebrating National FHA Week.**
- A committee outline special activities to celebrate national FHA Week. Include a special activity for each day.
 - Plan special chapter activities to interpret what the chapter has accomplished during the year.
 - Plan a display for a school exhibit case or downtown store window.
 - Write a news article about FHA activities for your local newspaper, school paper, State and national FHA offices.
 - Plan and carry out a school improvement project.
 - Plan to attend church as a chapter group.
 - Delegates should begin preparing for responsibilities at the State Convention in Raleigh.
 - Delegation make a plan for reporting the convention to your chapter.
 - Check on degree candidates to be sure reports are ready to mail to area supervisor.



s	m	t	w	t	f	s
		1	2	3	4	5
Please share your chapter experiences with other chapters by writing an article to be published in the State FHA Magazine.						
6	7	8	9	10	11	12
A good example is the best sermon—			Consider the turtle—he makes progress only when he sticks his neck out!			
13	14	15	16	17	18	19
Cooperation is a great thing. "If freckles could only get together, they'd form a nice ton."			St. Patrick's Day			
20	21	22	23	24	25	26
National Meeting: The Chase-Park Plaza, St. Louis, Missouri, July 11-14, 1966.						
27	28	29	30	31		
National FHA Week						



- Remember the State Convention April 23 at Memorial Auditorium, Raleigh! This is a delegated convention because of the limited space in the auditorium.
- Elect delegates who are sincerely interested in the organization and its projects.
- Keep the public informed about your chapter activities through your local TV station, newspaper, window displays, radio, personal contact, committee actions, demonstrations and exhibits, bulletin boards, and photography.
- Plan a chapter meeting following the State Convention to interpret the program to all members.

s	m	t	w	t	f	s
					1	2
					National FHA Week	
3	4	5	6	7	8	9
Praise a great estate but cultivate a small one			He that never climbed never fell.			
10	11	12	13	14	15	16
Easter Sunday					Beta Club Convention Raleigh	
17	18	19	20	21	22	23
	With every rising of the sun Think of your life as just begun.					State FHA Convention
24	25	26	27	28	29	30

Evaluate the work accomplished in the 1965-66 FHA year and begin plans for next year.

- Send annual report to State Office by June 1. (Keep one copy for chapter file.)
- Check goals for the 1965-66 year to determine progress.
- Review duties and qualifications for 1966-67 chapter officers.
- Elect officers for 1966-67.
- Plan a workshop for old and new officers to acquaint the new officers with their responsibilities.
- Plan an executive council meeting during the summer for pre-planning next year's goals and objectives.
- Consider sending a delegate to the National FHA Meeting—Chase-Park Plaza, Saint Louis, Missouri, July 11-14. (Information regarding quota for states and details will be sent to chapters early in the spring.)



s	m	t	w	t	f	s
1	2	3	4	5	6	7
Perfection consists not in doing extraordinary things, but in doing ordinary things extraordinarily well.						
8	9	10	11	12	13	14
Mother's Day						
15	16	17	18	19	20	21
Friendship is the only cement that will ever hold the world together.						
22	23	24	25	26	27	28
Your daily life is your example and your religion.						
29	30	31				
Memorial Day						

STATE PROGRAM OF WORK

BUILDING BLOCKS FOR GOOD PROGRAM PLANNING

This is your North Carolina Program of Work for 1965-66 as adopted by your Executive Council. The program of work serves as a guide for the State Association, districts, local chapters, and individual members to use in planning activities. Included are chapter experiences which suggest ideas for your programs or perhaps stimulate you to think of other ideas for projects and programs. Below are some suggestions you may find helpful as you plan your local chapter program of work.

1. Take a good look at last year's program and then decide on a foundation. Just as carpenters who build a house work as a team, so must your chapter members work together. Completed projects should be cooperatively evaluated by officers, advisers and members.

2. Record your chapter's activities for 1965-66 in the Program of Work Calendar—your chapter's monthly programs, objectives, projects, and special activities. Refer to it weekly.

3. Record local and State meetings, responsibilities, and deadlines.

4. Emphasize the three projects from the National Program of Work which have been adopted for the year and concentrate your activities on them.

OBJECTIVE 1: *To help each family member recognize his abilities and strive for their full development. PROJECT: Jobs, Careers, and You*

- To encourage youth to establish purposeful goals and to work toward these goals through job training and career choices.

As future leaders of the world, FHA'ers should establish purposeful goals and work toward attaining them through job training and career choices.

As citizens and future leaders of the nation, Future Homemakers need opportunities for investigating and learning about the world of work. Establishing goals and values based on the need to earn a living at sometime in the future gives rise to the need for thinking about various kinds of jobs and careers that one is interested in and prepared to hold.

SUGGESTED CHAPTER EXPERIENCES

- Set up a hypothetical problem that involves a decision between college and marriage or college before marriage. Divide the chapter members into buzz groups to discuss the decisions and possible outcomes.
- Build a chapter program around the topic, "My Future."
- Sponsor an assembly program based on your community's dropout problem.
- Sponsor a "School is for Me" campaign. Place posters and bulletin board displays at school and in the other public places stressing the value of preparing for the future. Also set up exhibits in store windows.
- Plan bulletin boards and exhibits using the topic "Jobs, Careers, and You!"
- Sponsor field trips to colleges, factories, firms, and business establishments for education and employment data.

- Discuss the merits of college preparation and job training.

- Interview prospective employers in your community to find out training desired for employment. Include jobs for high school graduates and college graduates. Use findings for a chapter program and for publicity during National FHA Week.

- Investigate opportunities for those not going to college.

- Invite recent graduates from your high school who are employed to discuss their work and the preparation required.

- Organize a committee to prepare a series of bulletin boards on careers and jobs in North Carolina.

- Present a short play or skit or role-play desirable traits for employment.

- Discuss differences between a job and a career.

- Ask your chapter if they wish to earn money by rendering services to families such as baby sitting, cleaning, washing dishes, etc., in the community. Investigate the need for such a service. If service is needed, appoint a committee to organize the working arrangements.

- Divide into buzz groups according to job interests. Let each one discuss the opportunities and training required for their career choice and at a later meeting report findings to the chapter.

- Invite the guidance counselor to discuss the many factors to consider in choosing a vocation or career.

- Help chapter members expand their knowledge concerning career opportunities, including home economics.

- Invite mothers who work or mothers who stay at home to discuss the importance of home economics training in her role as a wife and mother.

- Compile information on scholarships in home economics and help members learn how these may be available to them.

- Keep an up-to-date set of references on careers in home economics in the chapter file.

- Use the American Home Economics Association film-strip, "A New Look At Home Economics Careers," for a chapter meeting. Follow with discussion.

- Invite a homemaker who majored in home economics in college to discuss "The Importance of Home Economics in a Dual Career."

- Present a skit during National FHA Week to tell the student body about home economics.

- Invite key leaders and grandparents to a social and present the story of home economics in an interesting skit.

OBJECTIVE 2: *To participate actively in projects for family, community, and world improvement.*

PROJECT: Make Your Money Behave

- To help youth understand and practice selective spending.

Since the youth of today has control over sizeable sums of money, it is important that they learn to spend wisely. Many teenagers marry at an early age, often finding the financial responsibility of a family

upon them in less than a year after high school. Statistics indicate that a high percentage of family arguments are caused by poor financial management. These and other facts point out the importance of teenagers learning to "Make Money Behave."

SUGGESTED CHAPTER EXPERIENCES

- Have a committee to prepare bulletin boards in various areas of the school using topics related to money, such as:

- Plan and Spend Together
- What's Here For You?
- Look! You'll Be Amazed
- Pearls of Wisdom For Installment Buying
- How Much Does It Cost Your Family Each Month For Necessities? Luxuries?
- A Good Health Insurance Program Provides Security In Case of: Accident or Illness
- Cash vs. Credit
- Savings Through Safety Measures

- Begin chapter meetings with quotations to create interest about money.

- Money isn't everything
- A penny saved is a penny earned.
- No matter how much you have, spend less.
- The desire to get something for nothing makes one pay something for nothing.

- For a chapter program, take excerpts from a book or television program and have a panel discussion on the money problems. *Father of the Bride*, by E. Streeter; *Mr. Blandings Builds His Dream House*, by E. Hodgins; or *Mama's Bank Account*, by K. Forbes are excellent books, while many current television programs offer discussion opportunities.

- Give a hypothetical situation involving a family with a *Big Money Problem*. Divide into buzz groups and help find answers to their problems.

- Have a committee write and produce a skit showing the effects of a trip to a department store on:

- A girl who did not know what she wanted
- A timid person
- One who was emotionally immature in handling money
- A well-informed, careful buyer

- Invite an insurance representative for a chapter program to discuss different kinds of life insurance. At the conclusion of the meeting have members divide into groups and plan an insurance program for the family with the insurance representative giving advice.

- Sponsor a trip to a variety of furniture stores and secure suggestions for furnishing the home.

- Have the program committee present a socio-drama with students playing the roles of father, mother, a son, and a daughter. Have the "family" plan for spending.

- Suggestions for degree work:

- Girls working on degrees of achievement might make kits of play materials to be used in the play school, at children's parties, or to be loaned to baby sitters.

For young children: modeling clay, spools, dolls, bean bags, stuffed animals, clothes for playing grown-up.

For older children: color books, pictures to be cut out for scrapbooks, envelopes filled with scraps of colored paper, interest boxes, large hat box which could be used for packing.

- A girl can make brownies from basic ingredients, brownie mix, and refrigerated roll. Have some-

one record total time needed for each, total equipment used, and total energy expended. Compare flavor, cost, and preparation statistics and evaluate personal choices.

- Have girls working on degrees make an inventory of their present wardrobes. List additions and replacements needed for a one-year period and estimate their cost.

- Plan and prepare dinner meals. Keep a record of expenditures.

- Compare the amount of time and money spent on "instant meals" with "one started from scratch."

- The chapter could offer baby-sitting services during PTA or adult class meetings using the toys made by chapter members.

- Invite a local merchant to talk to the chapter members on his observations of "shoppers in action."

- Stimulate girls to think about spending money wisely by showing filmstrips that illustrate careful shopping.

- During Education Week display dresses made by girls with "cost" tags attached. Display food supplies for a week for a family of four with "cost" tags attached.

- Invite a homemaker to give a chapter program demonstrating short cuts and specific ways to save.

- Invite advertising men to explain some of the "hows and whys" in appealing to the buying public.

- Have a committee prepare a bulletin board which lists ways students earn money part-time and in the summer. Using current prices, develop a typical budget for a senior girl and a senior boy. Request the local newspaper to do a feature article on this.

- The chapter could sponsor a "Savings Is Safety" campaign. Girls could form teams for competing in the discovery of financial hazards and make suggestions for eliminating them.

- Invite former students in a family living course (husband and wife) to discuss how they solve financial problems.

- Conduct a survey in your chapter or school to determine where teenagers get their money—allowance, request from parents, or part-time jobs. The survey might also include how teenagers spend their money, and how many have charge accounts. Follow up with a chapter program on the information gained from the surveys.

- Ask a home economics class to plan a chapter program on "Budgeting Can Be Fun."

- Solicit the help of a class studying money management to prepare and present a family council skit based on the family budget and how values of family members affect spending. Group discussion might follow on "How Values Influence Spending."

- Have a panel of boys and girls discuss the pros and cons of teenagers having charge accounts.

- Turn a chapter meeting into a "pop corn" session based on these questions:

- Does advertising influence personal buying habits? Does television, newspaper, or magazine advertising have the greatest influence?

Follow with a speaker on "What to Look For in Advertising" or "Consumer Advantages and Disadvantages of Advertising."

- Have the buyer for a teen department discuss "What to Look for in a Label."

- Select a few chapter parents to present a program on "Managing the Family's Money." Ask them to dis-

cuss the family budget and factors that determine how a family spends its money.

- Invite the manager of a local bank to discuss financial matters in which families of different ages and sizes seek help.

- Have a banker use hypothetical cases and discuss the financial needs of a newly-married couple and of a family with a college student.

- Invite teachers, parents, and college students to discuss the cost of college or vocational training.

- Have a "fashion show" showing how one basic dress with accessories can take the place of several dresses.
- Ask Chapter members to help younger brothers and sisters evaluate how they spend allowances and give assistance in setting up a spending plan.

OBJECTIVE 3: *To help each family member recognize his abilities and strive for their full development.*

PROJECT: *Morals and Manners Matter*

- *To emphasize the importance of the development of a code of ethics to gain self-respect and the respect of others.*

Since there is no clear-cut definition of morality, it is sometimes hard for teenagers to know if they are moral or not. Mary Calderone, M.D., states "It is like telling a child to 'be good!' Unless you have specifically described to the child what being good and also what not being good means, he simply, won't have any idea of what you're driving at and he'll end up by saying, 'sure, okay,' but not hearing your words at all." For this reason it is extremely important to encourage each person to decide for herself what the moralities of living are for her. We must help them develop real moralities that apply to daily living as individuals and as a family member. It is important that we help them give clear answers to the question, "Who Am I?" These topics are very appealing to chapter members as programs at monthly meetings or special functions.

SUGGESTED CHAPTER EXPERIENCES

- Following a chapter program on "Morals Do Matter," encourage members to help younger brothers and sisters understand various problems about growing up and answer those questionable facts for them.

- Use the theme "Morals and Manners Matter" at a Mother-Daughter Banquet and invite a minister or teacher to present an interesting illustrated lecture.

- Have a panel of FHA members and chapter parents discuss acceptable behavior and practices of teenagers.

- Present an original skit on manners.

- Have panel of boys and girls to discuss dating manners and behavior.

- Have panel composed of FHA members, parents, and grandparents to discuss manners and morals and compare the viewpoints of the three generations.

- Help chapter members develop a written code of standards for teenagers. Publish them in a feature article in the local newspaper.

- Promote a courtesy week for the chapter and extend an invitation through the school newspaper to the entire school to participate.

- Display posters on manners.

- Chapter members make and distribute "FHA Litter Bags."

- Sponsor a party or dance where good manners are practiced.

- Prepare and present a dramatic skit showing the effects of cheating.

- Have a committee prepare and present a program comparing manners and customs of past generations with those of today. Use old magazines to see what can be learned about manners and customs from the articles and drawings in them.

- Ask chapter members to write down personal goals and then make a plan to meet the most important one.

- Create chapter interest in the project "Morals and Manners Matter" by preparing some bulletin boards. Some suggestions are:

- Treasures of A Good Home

- Stepping Stones to a Happy Marriage

- Will Your Marriage Be For Better or Worse?

- Fishing For Qualities of a Happy Family Life

- Are We Looking At Marriage Through Rose-Colored Glasses?

- Plan for questionnaires to be prepared for each chapter member to determine what manners and morals are most important. At a chapter meeting, have questionnaires filled in. Follow this with a panel discussion of each question.

- Write a skit on "Morals For Me" for presentation at a chapter meeting. The skit may focus attention on a girl who did not realize some of the bad traits she possessed until she attended an FHA meeting with a program on this topic.

- Plan a chapter program around the theme: "Manners With Grandparents and Older People." Short skits may be presented dramatizing situations in which a girl has fulfilled an older person's life by common courtesies.

- Ask members to choose a person whom they respect and list the desirable traits of this person.

- Sponsor an "honor drive" for the student body. Observe several classes to see if the system is practiced.

- Invite a foreign student living in your chapter area to compare manners of her countrymen with Americans.

- Discuss the problems of obscene literature and indecent movies, and what teenagers can do about them.

- Work as a chapter or with another school organization to develop desirable patterns for behavior in vital issues facing youth, including early dating, going steady, teenage marriages, reckless driving, vandalism, and respect for law and dignity.

- Ask parents to participate in a chapter discussion on the question, "Is a curfew hour the answer for teens in our community?"

- Request a parent-youth panel to discuss steady dating among teenagers and standards of dating behavior. The same program might be repeated at a PTA meeting.

- Ask appropriate community leaders to assist with a chapter program to answer the question: What is juvenile delinquency? Do we have teenage delinquency in our community? What are some of the causes of juvenile delinquency?

- Ask chapter members to complete an etiquette questionnaire. Tabulate the results to determine how members rate. Follow with a chapter program to help members see ways they might improve in the areas where they are weakest. The results of the questionnaire might give ideas for further chapter activities and leads for an interesting school newspaper story.

- Present a series of impromptu skits depicting actions of socially mature and immature boys and girls at a party, at school, in public places, and at home. Follow with discussion. What is acceptable teenage behavior in the situations depicted? Who is socially mature?

CHAPTER PROGRAM OF WORK

1965-66

OFFICERS

COMMITTEE CHAIRMEN

OBJECTIVES

PROJECTS

ACTIVITIES

CAROLINE SAYS:

*Make this FHA Calendar
the foundation for your
"Building Blocks for
the Future."*



Future Homemakers of America

CREED

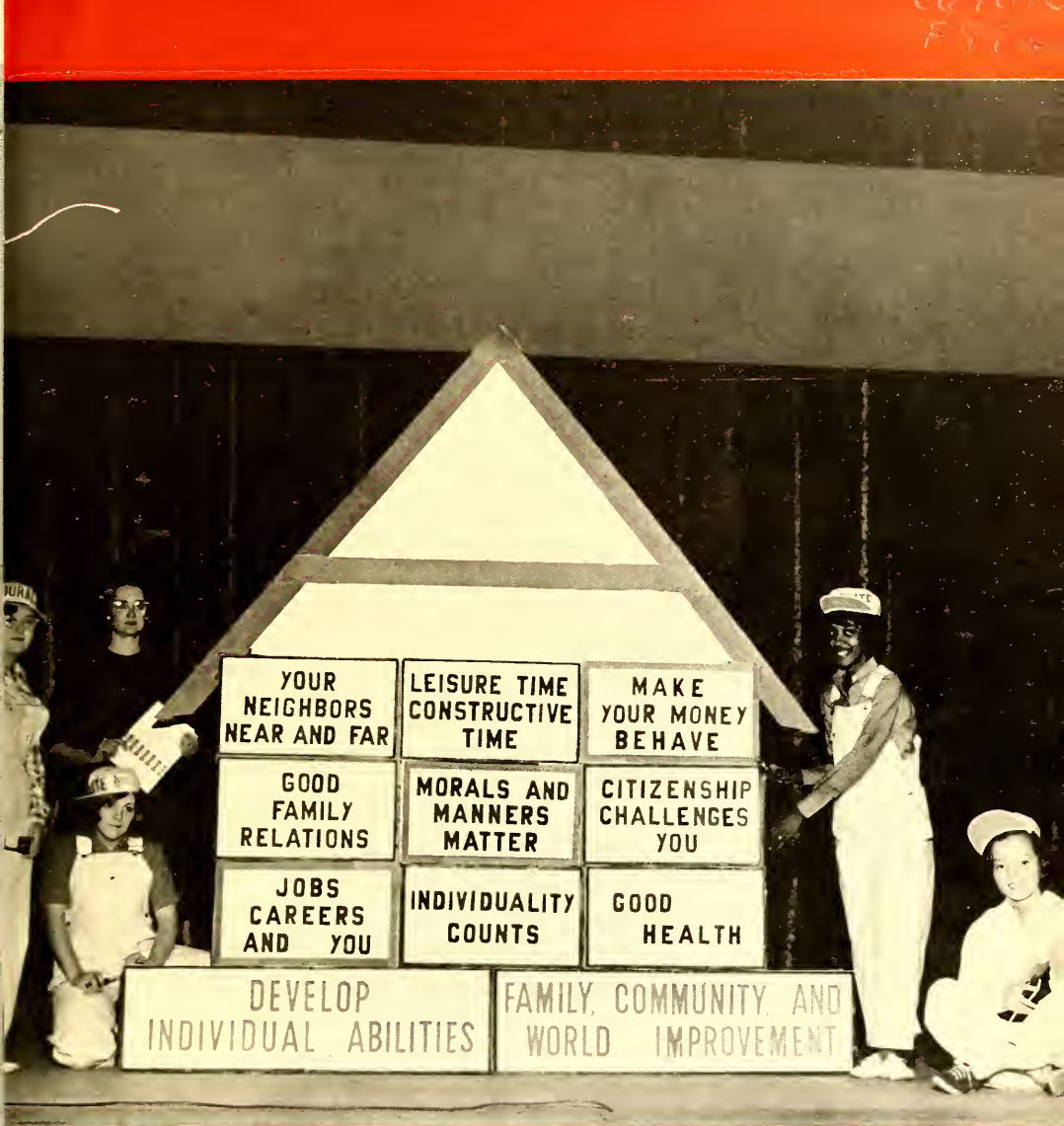
We are the Future Homemakers of America
We face the future with warm courage,
And high hope,
For we have the clear consciousness of seeking
Old and precious values.

For we are the builders of homes,
Homes for America's future.
Homes where living will be the expression of everything
That is good and fair.
Homes where truth and love and security and faith
Will be realities, not dreams.

We are the Future Homemakers of America,
We face the future with warm courage,
And high hope.



"The homes of tomorrow are in
the hand of the youth
of today"



FUTURE HOMEMAKERS

★ North Carolina Association ★

Greetings from Your Adviser

Congratulations to the members and advisers on the fine job you are doing to keep the North Carolina

Association of Future Homemakers of America on the go! The 1965-1966 membership totals 32,387 members in 585 chapters. The membership by districts is: District I 4,348; District II 3,794; District III 5,288; District IV 4,725; District V 3,796; District VI 4,191; District VII 3,202; District VIII 3,043.

The year 1965-66 promises to be an exciting year for the members who participate in the activities of the North Carolina Future Homemakers of America organization. Members have the challenge to begin using the new program of work which was adopted at the 1965 Annual FHA Convention. The three projects selected by North Carolina, "Jobs, Careers, and You," "Morals and Manners Matter," and "Make Your Money Behave" are broad enough in scope so that all chapters can plan individual programs to interest members. District rallies were a success! All of you who worked so hard on them are deserving of recognition and praise. It has been very rewarding and inspiring to see so many people working together to produce rallies of such beauty and eloquence. I send a personal thank you to each person and every chapter who helped in any way.

As you and your chapter plan projects and activities, please send to us a picture and article to use in the magazine. Others are most interested in what you are doing.

With the continued support of each chapter, the North Carolina Association cannot help but grow. Best wishes for a successful year in the Future Homemakers of America as we move toward new horizons.

LEISURE TIME — Learning, Loving, Laughing

Report by JEANETTE SAWYER, Bath Chapter
National Recreation Committee

In the Future Homemakers of America organization every member has her responsibility, whether it be large or small, as does Jeanette Sawyer from the Bath Chapter who was recently appointed to the national recreation committee from North Carolina.

Her responsibility is to see that the following five chapters from North Carolina take part in a project called "Leisure Time—Learning, Loving, Laughing": Washington Chapter, W. R. Odell Chapter, West Stanly Chapter, East Duplin Chapter, and Stedman Chapter.

The purpose of the project is to develop an understanding among Future Homemakers that recreation and leisure time should include learning, serving and fun experiences. Each chapter was provided a list of suggestions for individual and chapter projects which they are asked to carry out and report to Jeanette by February 15, 1966. She, in turn, evaluates them and sends a report to Jane Lynott, Georgia, National Vice President of Recreation. Jane evaluates the projects from North Carolina as well as the ones throughout the United States. She then reports her evaluation at the 1966 National Convention.

Keep an open eye for the final report of this project in a future publication.

OUR COVER: The theme "Building Blocks For The Future" was used at many District Rallies. The Rutherfordton-Spindale Chapter is shown as they presented a skit at the District VIII Rally introducing the new Program of Work.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS

1965-66

President, Susan Banks, VIII
Vice-President, Beth Kirk, VII
Secretary, Cynthia Overcash, VI
Treasurer, Susan Martin, V
Reporter, Frances Aycock, IV
Parliamentarian, Ann Troublefield, III
Historian, Patsy Britt, II
Recreation Leader, Cindy Glover, I

DISTRICT ADVISERS

1965-66

Mrs. Nelle Dotson, West Henderson, VIII
Miss Ruth Dillard, South Rowan, VII
Mrs. Katharine Smith, West Lincoln, VI
Mrs. Helen M. Godwin, Northwest Guilford, V
Mrs. Dorothy Pruitt, J. F. Webb, IV
Mrs. Clara Neville, Pembroke, III
Mrs. Marion Elkin, East Duplin, II
Mrs. Jane Bass, Tarboro, I

State Adviser

Mrs. Hazel G. Tripp

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education

Raleigh, North Carolina 27602

In Memoriam

Many hearts were heavy with sadness and a deep sense of loss when they learned of Mrs. Faye Coleman Williams' death in Raleigh, July 3, 1965. She was the State FHA Adviser for seven years and will be remembered for her leadership in developing FHA programs and for the encouragement and inspiration she gave others.

Her sincerity, warm manner and interest in people permeated her contacts with friends and all working relations with associates. Her sense of humor was characteristic and was never keener or more in evidence than when relating an anecdote of everyday happenings.

Family ties were important to her and activities centered around family members and friends, playing a large part in her life. Family gatherings and meals seemed to offer relaxation as well as times of pleasure.

Continuing her interest in civic and community affairs after her marriage to C. S. Williams, she took an active part in the Raleigh Federation of Women's Clubs organization, in hospital auxiliary work and in professional organizations for homemakers in home economics. She has served professionally as an extension agent, vocational home economics teacher, supervisor, and State FHA Adviser.

Mrs. Williams will long be remembered as a friend, an educator, and a person who held high the torch of leadership in her profession. Her personality lingers on to encourage the hearts and minds of the youth with whom she worked. We know that her dedicated service and lasting influence will be long remembered.



In memory of Mrs. Faye C. Williams, former State FHA Adviser, a molded brass leaf accessory was placed in the home economics education room at the University of North Carolina at Greensboro by the HEIH Group of Raleigh. It bears this inscription:

In Memory: Faye T. Williams . . . B.S. H. Ec., 1935 . . . M. Ed., 1954. Sammie Gatlin and Kakkie Jordan, two former FHA State Presidents, are shown admiring the accessory. Sammie is a 1965 graduate in home economics and is currently in graduate school at UNC-G. Kakkie will graduate from UNC-G in June 1966.



FHA Leadership Experiences Prepare One for the Future

JONESVILLE CHAPTER

"Madam President" is a way a member of the McGhee household could be addressed for several years. Four sisters in this family have been president of the Future Homemakers of America Chapter in their respective schools. Pearl McGhee, first grade teacher at Jonesville School, was president of her FHA Chapter at Altamahaw Ossipee High School, now consolidated in Western Alamance. Elaine, math teacher at East Wilkes School, was president of the Jonesville FHA Chapter her junior year and again her senior year. Naomi, a member of the 1965 graduating class at Jonesville High School was last year's president; she is planning to enter Emmanuel College at Franklin Springs, Georgia, this fall. Nadine, a Senior this year, was nominated along with three other girls last year to be voted on for president. The 90 chapter members were not aware they might elect the fourth sister when they voted. Nadine was elected president and will serve for the year 1965-66.

These four girls are the daughters of Rev. and Mrs. G. I.

McGhee. Mr. McGhee is pastor of the Jonesville Pentecostal Holiness Church. The McGhees have three sons.

Mrs. Linville Hendren is adviser for the Jonesville Chapter of the Future Homemakers of America.



Interest Created by Exhibit During National FHA Week

WEST EDGECOMBE CHAPTER

The West Edgcombe FHA Chapter placed an exhibit in Tarrytown Mall, the new shopping center, just outside of Rocky Mount. It was 11 feet tall and 8 feet in diameter. It had girls' figures cut from plywood and posts made from rug rollers with the base composed of wall board supported by crates. Can't you imagine the compliments and interest it created! The children had a wonderful time using it for a playground.



Candy Strippers

CREST CHAPTER

Eighteen girls are participating in the "Candy Strippers" program offered at Crest High School in Boiling Springs. The purpose of the course is to offer opportunities that will help girls to decide their future vocation in the field of medicine or nursing. A guidance unit is taught in both English and Home Economics in which they find out more about the profession. Home economics offers a home nursing course which helps further this interest. The hospital, Royster Memorial, allows seniors to serve without pay as "Candy Strippers" in the hospital to see if they are interested in this type of work. During the training period at the hospital, the girls are oriented to the program and taught their specific duties as they work for two hours each week. A call roll card is signed by each girl stating when she will be available for extra help at the hospital.

These are some comments made by candy strippers: "Much of the work is routine, but the people are not; and more than anything else I have come to realize that the patient is the reason for our being here." "The feeling one receives from having helped a patient or having brought a smile to his face is that indescribable feeling of success." "It is a feeling deep inside that gives a purpose to the work." "Having thought of nursing as a career, I am very grateful for the chance to be a Candy Stripper." "Working at the hospital is one of the most useful and serviceful ways in which I can spend my

spare time." "I enjoy Candy Stripping because I am helping those who are sick to be a little more comfortable in their sickness. The nurses do not always have time to sit and talk, so this is where the Candy Stripper takes over. I feel wonderful just knowing that I have cheered a sick and lonely patient."

HOME ECONOMICS

DEE AXTON, Jacksonville Chapter

For girls who like to cook and sew, Home economics is for you, and that I know.

We cook and clean and sweep the floors.
And keep the dirt from around the doors.

We learn to be young ladies; and face
The problems of the human race.

For little children we learn to care,
We wash their face and comb their hair.

Some girls can't even do this,
Just because they had to miss,

All the fun we had in class,
Making things we knew would pass.

In this course a future awaits,
Any girl who passes these gates,

Of maturity and womanhood,
With a personality that is good.

The Family Life Conference in Charlotte was a two and a half day meeting at which North Carolina's progress in family life education was presented. The opening address was given by the Reverend Thomas A. Bland, Th.D., who spoke on "The Church and the Family."

The keynote address, "The Dimensions of Education for Family Living," was given by Dr. Valdimir de Lissovsky of Pennsylvania State University. He stressed the importance of the family by citing the way the families in Russia and Red China had held together in spite of the hardships imposed on them. Family life education as a part of the total educational program, he said, will equip each individual for his role in assuming responsibilities as a good family member. He emphasized the need for family living courses to combat such trends as the "New Morality" in which a man is free to do as he wishes as long as he doesn't harm himself or another person. This includes sex practices as well as other questions of morals.

During the luncheon, Dr. Naomi G. Albanese, Dean of the School of Home Economics at the University of North Carolina at Greensboro and member of the Governor's Commission on the Status of Women, spoke on the implications for family life in the report of the Governor's Commission. She said that in such a mechanized world there seems to be little chance for human interest except in the family. There are many who need help from the outside to plan their family in order to provide this interest. She emphasized four things from the commission's report:

1. State-wide family life program needs to be launched, as North Carolina has the highest rate of infant and maternal mortality in the United States.
2. Need for a pre-school program and child care centers. At the present, 40 percent of North Carolina's women work. Some children have little or no super-

Education for Family Living

A report of the North Carolina Family Life Conference

vision during this time. There are only two licensed centers for the care of mentally retarded and physically handicapped children in the State.

3. Juvenile delinquency is mainly caused by the absence of strong family relations. This leads to a great school dropout rate. In North Carolina, the dropout rate is fifty percent of the total school enrollment.

4. More family counseling is needed. Many agencies try to provide such help for those who need it, but this is far from sufficient. Also requirements for establishing such a counseling service should be set up.

The third session of the day featured a panel on "Education For Family Living in North Carolina—Where Are We?" The moderator was Mrs. J. E. Jefferies of Greensboro. Members of the panel were Mr. Taylor, Mrs. Mildred Morgan, Ph.D., Mrs. Kate B. Garner, and Reverend Kelly J. Wilson, Jr. Mr. Taylor reported on the schools' progress in family life education, noting that between the years of 1957 and 1963 there has been a 32 percent increase in public school enrollment and 182 percent increase in family life courses offered in public schools.

Dr. Mildred Morgan reported on the progress of the community groups in their work, noting what has been done, what needs to be done, and how to go about doing it. She said much had been done with the middle class groups in helping them to plan their families, get a better job, or hold a husband; but she added

that there were more groups than just the middle class group.

Mrs. Kate B. Garner of UNC, Greensboro reported on progress in colleges and universities with a picture showing a lack of family life work. Few family life courses that all students have access to are offered in colleges, she noted.

Rev. Kelly J. Wilson of Louisville, North Carolina, reported on family life work in the church. The churches, Rev. Wilson said, are concerned with developing a person, preparing a person for marriage, adjusting a person for marriage, preparing one for parenthood, and sex education. Today ministers are trained in family life counseling, but very often there is a void in the community as to what the church is trying to do in connection with improving family life.

The fourth session was a panel report on "A Pilot Project in Sex Education," which was carried on in a North Carolina school. It was observed that 75 percent of the girls were pregnant within two years after high school and almost 50 percent of these were pregnant while still in high school. Parents in this community decided that some type of program was needed. They went to the school officials and asked for some type of sex education program to be included in the curriculum. By careful planning and preparation, this program was instituted in the fifth and sixth grades along with the study of other body systems. Parents thought that this was a good age because the children as of yet had no emotional involvement with sex. Also this would be a chance for them to learn the true facts about sex in a clean wholesome atmosphere before they had a chance to gather a great deal of misinformation. This program proved very successful through the efforts of parents, teachers, principals, and school board members. This is one example of parents' realizing the importance of helping their children to health sex attitudes.



MORALS AND MANNERS DO MATTER

BETH KIRK, State Vice President
South Rowan Chapter

MORALS, people say today
Are almost obsolete.
You barely see them practiced
Inside or on the street.

AND then we say this nation
Is Christian! (Pious us)
What we need is a crusade
"We'll moralize or bust!"

MANNERS is another thing
That we sometimes forget.
Most people like politeness.
Think not? Then you're all wet!

DO your level Christian best
To aim for higher goals.
FHA can help you, too.
With more than spoons and bowls.

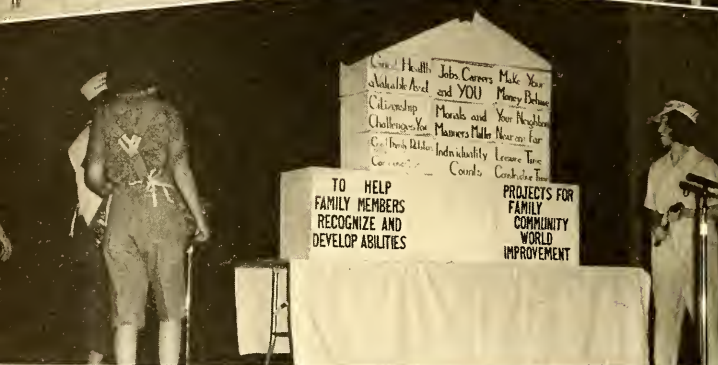
MATTER? Why of course it does!
How else will you grow strong?
Use these M & M's each day—
With them you can't go wrong.

**BLOCKS
FOR THE**

FUTURE



**MANNERS
AND
MORALS MATTER**



**MANNERS
AND**





Greensboro
AUDITORIUM - CO



Spotlighting Scenes of District Rallies!

Five District Rallies were held in North Carolina during October with the general theme "Building Blocks for the Future." These pictures no doubt bring back thoughts and memories. Do you recognize the one you attended?

I	College of Albemarle, Elizabeth City.....	1,098
II	Goldsboro High School, Goldsboro.....	1,203
III	Memorial Auditorium, Raleigh.....	1,438
IV	Memorial Auditorium, Raleigh.....	1,119
V	Coliseum Auditorium, Greensboro.....	1,026
VI	Belmont High School, Belmont.....	1,375
VII	Coliseum, Auditorium, Greensboro.....	1,466
VIII	Municipal Auditorium, Asheville.....	1,091

Total..... 9,816

BUILDING BLOCKS for the FUTURE



Jobs, Careers and You

SUSAN MARTIN
State Treasurer

FRANCES AYCOCK, *State Reporter*

"Where are you going? What are you going to do?"

"Oh.....! Tonight I've got a date!"

"Oh, no! I meant with your life.

Better think, girl! It's getting late!"

"But I'm only sixteen," you cry with mock horror.

Only sixteen, but you'll be older tomorrow.

You're on the threshold of life, the very brink.

What will you make of yourself? Get with it, think!

Though one of our State projects, "Jobs, Careers, and You," may seem at first just an ordinary phrase, it may surprise you to realize that it packs powerful meaning behind it. The word JOB may indicate work done solely for pay. A *career* seems to offer a more personal touch. You are the one who will make the decision of your future. But do you know what you want to do with your talents? Are you taking advantage of your capabilities and opportunities? Many things, such as exposure to new subjects in school and meeting different people, contribute to broadening your outlook on life. You will decide whether or not you will pursue further training after you receive your high school diploma, an essential document in this day. Are you aware that some jobs have a promising future, while others may not even exist 10 years from now? Do you realize that everyone isn't suited for or expected to go to college? Perhaps all of these decisions may seem an overwhelming task for a mere teenager such as yourself. You need someone with a great deal more experience, and in this case your high school guidance counselor and her department can be most instrumental in helping you through this important period. In many cases the guidance counselor may be swamped with requests from seniors alone, and this makes it difficult for her to find enough time to discuss fully your problems. If this is the situation in your school, maybe your FHA chapter could help her out. For instance, as a chapter project this year, set aside a small space and build a library concerning home economics careers. But a word of warning—do this in cooperation with the guidance department, or

you may be more a hindrance than a help. Materials may be obtained from the county agent, the State Department of Public Instruction, and colleges offering a home economics curriculum. Secure material concerning college training as well as on-the-job training. Appoint a committee to investigate statistics involving careers in home economics. Where is the greatest demand for what jobs? Which ones offer advancements? What training is required? Keep your library up to date and available to anyone. You will help more persons than you can realize.

Making Your Money Behave

CYNTHIA OVERCASH
State Secretary

Does it ever seem to you that your money just will not listen to you? Does it insist on getting out of your pocket and wandering off somewhere? You're not alone in your predicament. Many teenagers must find this to be an ever-present problem or how else would they spend the million of dollars that they do in a year? When we take a look at the vast amounts of money that just go "somewhere," we can see a great need to make our money behave and stay in our pockets unless there is a good reason for spending it.

"I just have to have that . . ." you say, and there goes your money. Many times it is the very money that you had good intentions of saving, but you know money does have a mind of its own and it is awfully hard to manage.

Can you see into the future? Can you look into your crystal ball and clearly see yourself as a doctor, lawyer, or Indian chief? Or is the path to your future a huge question mark?

Perhaps after your chapter carries out the project, "Jobs, Careers and You," you will have a better idea about the vocation that is most suited to your personality.

At a chapter meeting of your local FHA, have members write down what they would like to do with their lives. Have the members with similar vocations divide into groups and list the advantages and disadvantages of the selected vocation. The chairman of each group should present the list to the others, including qualities that a person should possess in order to be successful. Display a variety of pamphlets on a wide range of vocations.

Presenting the pro's and con's of many vocations will give members an opportunity to make personal selections.

But you must remember that learning to manage one's money wisely is very necessary in life. You must think before you spend your money. Ask yourself if this is really what you want or if you are just buying it. It isn't too early to start managing your money. Those of you who work for your money are surely learning the value of money. Those who spend your parents' money should also be considerate of the amount of money that you spend.

There are many areas that teenagers spend money on—such as cosmetics, recreation, food and clothing. The one big item of almost any girl's spending list would probably be clothes. Any who doesn't want to look neat and well dressed in the current styles? "Clothes make the girl" seems to be a present-day belief. This is true to a certain extent. A neat, well-dressed appear-

NATIONAL FHA WEEK • MARCH 27 - APRIL 2, 1966

ance does make a favorable impression, but this doesn't necessarily mean that you must spend a king's ransom on your wardrobe. A small wardrobe can serve just as well as a huge one if it is planned well. You should think about your wardrobe from the standpoint of having an adequate one, but keeping the cost down. When you feel that you haven't a thing to wear and that many new outfits are the only way to solve your problem, why not sit down and take an inventory of your wardrobe and—who knows? You would probably find that with the addition of a few new pieces which are coordinated with the colors and styles of your present wardrobe, you could have many new outfits with the addition of only a few basic garments and accessories.

From the monetary standpoint, this is good because money can naturally be saved by buying fewer pieces.

Coordination and planning are very important factors in building a wardrobe, but there are other things to consider when buying clothes.

Always remember to look for quality when buying clothes. Many times you may find a really good buy on some article, but then again a cheap price many indicate a cheap garment. If the garment broadcasts its cheap price, few of you would enjoy wearing it. Or it may not stand up under the wear that you would demand of it. Then that money was spent unwisely, for you are getting no service or satisfaction out of your purchase. Things need not be terribly expensive for good quality. A trained eye may well be the best judge of quality in a garment.

In our lives as teenagers we are very conscious of the present fad and label craze. When a new fad is introduced everyone rushes to get in the swing with the new outfit and all too often the outfit is out of style before you ever get to wear it very much. You then have a dress or blouse that just hangs in your closet because you just don't feel right wearing something that no one else is wearing. Beware of these fads. If the clothes dictated by them are completely ridiculous, think before spending your money. Would you



Cynthia Overcash

rather have a basic skirt or sweater that could be worn almost anywhere and that would be in style for a reasonable length of time or this passing thing that may not really be pretty at all?

Also, labels can be misleading. All too often one pays solely for the label in a garment instead of for quality construction. By examining two blouses of different makes, you might see several dollars difference in cost, but the same quality in both of them. Then you are paying for that little piece of cloth in the back of the garment. Sure, it is nice to have a few well-known labels to your name, but it is foolish to think that all of your clothing must be of a certain label in order for it to be of good quality and to be serviceable.

For people who buy clothes there are many consumer guides that are published to direct the customer in buying clothes. These guides compare the quality and cost of different makes of clothing. This can be very helpful when you are planning your wardrobe and are unfamiliar with certain brands of clothes. Use such guides as these and ask about the quality of a garment before making your purchase. You may know someone who is a buyer for a clothing store. This person would know a great deal about the quality and price of clothing. By talking with

him you could learn many pointers for wardrobe planning.

If you are going off to college next year or are planning to attend some other type of school, you should be very conscious of building a good wardrobe. Build your wardrobe around your activities. Plan new additions of garments and accessories and you may be surprised at the extent of your wardrobe even though you didn't spend an outrageous sum on it.

Now I want to give you ten shopping commandments. Keep these in mind when you venture into wardrobe additions. Try using these ideas and see if you can't manage your money a little better. I am sure that as FHA'ers you have probably already tried to manage your money in this area and in others. Learning to keep track of your money will be a very valuable asset in your future life.

These are the commandments:

1. *Take stock:* Before you buy, go through your closet and drawers to find out what you have on hand. Dry clean, launder, and see that all garments are in good repair.

2. *Indicate Activities:* You need clothes for many different activities. Correlate your colors for church, school, streetwear, and parties. Then decide what special clothes you may need for other activities.

3. *Study new styles:* Look through magazines and catalogues and in stores to see what is being worn and what you like. Try to decide if the style is a good one or just a quickly passing fad.

4. *List potential purchases:* Make a list of items you need. Indicate your preference.

5. *Plan outfits:* Instead of shopping for isolated items, shop with complete outfits in mind. Avoid buying articles that you have nothing to be worn with.

6. *Plan around a basic color:* Black, navy, brown, gray, and beige are the safest colors to pick. But with all the new heather colors one of these could easily serve as a basic color and it could be easily coordinated with other garments.

7. *Shop Early:* Don't wait until the day before you need a new garment to buy it. Often clothing bought hastily is not satisfying.

(Continued on Cover 3)

Chapter Chatter

FHA'ers across North Carolina are noted for their hard-working efforts to improve group and community life by planning and carrying out worthwhile projects in FHA chapters. The **Carver** Chapter is no exception. It is overflowing with enthusiastic members seeking to carry out State projects. They began with a Leadership Workshop to make plans after studying responsibilities. Their second meeting featured the Rev. R. G. Stewart, who gave very inspiring thoughts on the topic, "Morals Do Matter." The "Miss FHA" annual coronation was educational for the girls and provided money to finance other worthwhile projects.

The members of the **North Rowan** Chapter gave a reception to honor new members, parents, faculty members, board members and school personnel with approximately 200 attending.

The **Future Homemakers of America** in the **Rockingham** Chapter began this year with a unique meeting—a slumber party in the gym. Fifty-seven FHA'ers checked into the gym at eight o'clock p.m. ready for fun and a serious program on degree work. Upperclassmen were in charge of the initiation of new members, one phase of which was competition in creativity. The winners were Norma Wallace, most creative tissue paper hat; Norma Gillis, most creative hairdo (she used nylons and newspaper); Kay Hackney, most original newspaper apron, and Karen Rayfield, best all-around costume.

The combined efforts of the **Massey Hill** Future Homemakers and the **Future Business Leaders** have produced a more pleasant dining atmosphere for the students of this school. During the summer months and after school since the term began, students from both clubs have worked with the help and direction of their sponsors, Mrs. Bragg and Mrs. Clark. The improvements to the dining room include potted plants in each corner, colorful valances over the windows, and a large picture of a pirate, the school athletic symbol. The dining room project has meant much to the club members, not only because of the service to the school but also because of the rewards gained from working together.

FHA Week at **West Henderson** High School began with a church service at the First Methodist Church in Hendersonville with approximately fifty girls attending from the county chapter and thirty from West Henderson. The message was delivered by the Reverend Burr Baughman, a missionary to Borneo. The Rev. Mr. Baughman described his missionary work with the Eban people in Borneo. Devotions were given each day at school by a senior chapter member over the P.A. system. The devotions were centered around the role of a woman in the many aspects of homemaking and in the world. During the latter part of the week, two radio programs were presented; one by girls from West Henderson and one by the FHA county officers and chapter presidents. The programs pertained to degree work and county FHA activities. In the Administration Building of the school, an attrac-

tive, well-planned bulletin board explaining degrees and giving the true thought behind FHA served to inform the students of FHA work.

National FHA Week was a busy time for **North Buncombe** FHA members. On Sunday each girl was recognized in her own church. Letters were sent to 39 churches in the area telling of FHA, its purposes, the special week, and a list of the girls attending that church. Monday was "Brownies for Jenny" day. Home economics students mailed brownies to Virginia Drake, a member of the community and a former FHA member, who is in a school for the blind. Tuesday the girls were all decked out in red and white, the FHA colors, while they planned for a Mother-Teacher-Daughter Tea the following day. On Thursday, dropouts were stressed. Rev. L. B. Laye spoke to an assembly of all the students. Friday night was Daddy-Date Night. Each girl brought a covered dish and her father. Games, skits and square dancing made up the entertainment. The fathers seemed to have more fun than anyone. The week ended on Saturday with each girl doing something special for her family.

The **Cary** Future Homemakers started off the year 1965-66 with "Hobo Days in July," as a money-making project. The project was announced over the radio and in the Cary and Raleigh newspapers. A telephone number was given for those wanting help to call. The girls worked for 60 cents per hour and did any of the ordinary homemaking jobs. Those most called on to do were: washing windows, ironing, and babysitting. The work was not easy, but all had fun and think it's a good way to start financing their chapter projects.

Has your father ever complained because you—his own daughter—left him out of your FHA activities? Well, the **FHA** girls at **Micro** solved the problem and had a lot of fun at their Daddy-Date Night. All it takes is a little time,

food, talent, and a lot of daddies. Forty-eight girls sponsored a buffet supper for their fathers in the home economics department. The food was prepared by the wonderful mothers who wanted to help the girls honor their dads. After the supper, the program opened with a very amusing recitation which told of what happens when a young girl refuses to let a boy hold her hand, entitled "Respected." The audience laughed hilariously when members of the club sang "The Boy Who Stuttered and The Girl Who Lapsed." Nine freshmen girls presented a pantomime of "Seven Little Girls Sitting in the Backseat." Next came the contrast between the sophisticated contemporary girl and the old-fashioned girl. It was most enlightening because, although the girls were very different, they both had one very definite goal—boys! To conclude the program, a silent feature called "The Razzmatazz Soda Shop" was presented. The girls teased their dads by telling them that possibly this was the way they met their mothers. As FHA'ers we are striving for a better home, community, State and national life. In order to see this happen, we feel that we must start "in our own backyard."

Chapters which are unable to have elaborate programs due to a shortage of time must find other ways to carry out the State objectives. **Southern Wayne** FHA'ers were faced with this problem. Being a new consolidated school, they had limited time for meetings or preparation. With this in mind, they discussed ways to promote the objectives within their chapter. Finally they discovered the perfect answer—a county fair booth. With the theme of our exhibit being a State objective, this would reach not only our 100 chapter members, but the one hundred thousand that attended the **Wayne County Agricultural Fair**. From the three State objectives, we selected "Make Your Money Behave" and began the difficult task of assembling ideas, information, and materials. After getting



The Bartlett-Yancey High School FHA Chapter designed, made, and sold turkey center pieces for the Thanksgiving or Christmas tables. The turkey consists of a pineapple for a body and tailfeathers and a felt head pinned onto it. They used green, yellow, or brown felt for the Thanksgiving decorations and red for Christmas. Left to right: Jo Pointer, Chapter President; Louise Slaughter, Vice-President; Emily Scott, Secretary; Marilyn Foster, Reporter.

concrete ideas, the committees really got down to work, and work it was. Letters and signs and most important of all—our "money men" had to be made. Although these little characters caused many headaches, they "made" the exhibit. Our biggest problem was getting them to dance at the right time and in the right way. This involved trying out six sets of springs, three motors, and other essential gadgets. As the seven o'clock deadline approached, we worked frantically to finish. We did make it, and everyone breathed a sigh of relief. We then waited for the judges' decision. They began putting ribbons on each booth, and our hearts sank as they passed ours. Then someone yelled "We got it!" and that blue ribbon made all our work worthwhile.

The theme, "Future Homemakers are Education Hearts" was used for a special program at Cooper High School with chapter members, faculty members, and other high school students present. Johnnie Faye Lamm represented "Miss FHA" and coordinated the speaking parts centered on education. Red hearts were used to illustrate education for self-development and for citizenship education. Chapter members represented hearts which explained the meaning of each letter in "Education."

MAKE YOUR MONEY BEHAVE

(Continued on page 7)

Don't always postpone purchases to take advantage of end-of-the-season sales. You might have a new garment but perhaps not the style, color, or size you want.

8. *Buy standard brands:* If you have had a great deal of experience you may be able to recognize quality. But if not, you can generally rely on standard brands. These do not have to be the most expensive brands.

9. *Buy accessories last:* When you have assembled all of your old and new garments you will have a better idea of what accessories to buy.

10. *Retain labels and sales slips:* Retain any labels indicating finish, fiber content, or cleaning instructions. Guarantees are not good unless directions for care have been followed.

Try these ideas when it comes time to add to your wardrobe and if you manage your money very well you may save enough for that dreamy formal for the senior prom.

When writing to national headquarters, please use the following address:

Future Homemakers of America
Office of Education
U. S. Dept. of Health, Education
& Welfare
Washington, D. C. 20202

NORTH CAROLINA FUTURE HOMEMAKERS OF AMERICA Financial Statement for 1964-1965

This financial report shows the total assets of the North Carolina FHA, the North Carolina NHA, and the North Carolina FHA Camp Fund. It explains where the money came from and how it was spent.

STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS YEAR ENDED JUNE 30, 1965

CASH BALANCE AT JULY 1, 1964:			
Petty Cash	\$	2.80	
Checking Account		20,025.07	
Savings Accounts		62,679.89	\$ 82,707.76
RECEIPTS:			
Memberships—26,678 @ 75c	\$	20,008.50	
Interest on Savings Accounts		3,117.10	
Deposits by Delegates for Expenses to National Convention			
During the Fiscal Year 1965-66		2,895.00	
Advance Reservations for Summer Camp During the Fiscal Year 1965-66		680.00	
Transfer of Cash Balance from Camp Operating Fund		557.53	
Revenue Collected for Camp Operating Fund		2.50	
Sale of Handbooks		1.25	27,261.88

TOTAL BEGINNING BALANCE AND RECEIPTS			\$109,969.64
DISBURSEMENTS:			
National Convention Expenses	\$	9,858.56	
Refunds to Delegates on Deposits for Expenses to National Convention Received in the Fiscal Year 1963-64		905.09	
State Convention Expenses		1,752.59	
Executive Council Meetings, Board Meetings, and District Rallies		543.11	
National Affiliation Dues		6,669.50	
Printing Magazines		8,313.20	
Postage, Supplies and Miscellaneous		1,589.51	
Accounting and Auditing Fees		105.00	
North Carolina Family Life Council Membership		10.00	
Expenses Paid for Camp Operating Fund		7.69	
Transfer to Camp Operating Fund Bank Account of Advance Reservations Received in the Fiscal Year 1963-64		830.00	
Donations to Scholarship Funds		200.00	30,784.25

CASH BALANCE AT JUNE 30, 1965:			
Petty Cash	\$.92	
Checking Account (Schedule 1)		13,387.48	
Savings Accounts (Schedule 2)		65,796.99	\$ 79,185.39

FOR THE PERIOD JULY 1, 1964 TO SEPTEMBER 30, 1965

CASH BALANCE AT JULY 1, 1964:			
Checking Account	\$	2,196.15	
Savings Accounts		2,530.02	\$ 4,726.17
RECEIPTS:			
Memberships—7,721 @ 65c	\$	5,018.65	
Membership Overpayments		5.28	
State Convention Registration Fees		280.71	
Sale of Handbooks		7.50	
Interest on Savings Accounts		109.82	5,421.96

TOTAL BEGINNING BALANCE AND RECEIPTS			\$ 10,148.13
DISBURSEMENTS:			
National Affiliation Dues	\$	1,544.20	
Executive Council Meeting Expenses		77.65	
State Convention Expenses		472.13	
National Convention Expenses		1,875.75	
Expense of Representation at Other Meetings		110.00	
Donation to Home Economics Education Fellowship Fund		50.00	
Professional Services		30.00	
Postage, Supplies and Miscellaneous		145.10	
Printing and Mailing Newsletters		1,020.34	5,281.17

CASH BALANCE AT SEPTEMBER 30, 1965:			
Checking Account (See Note)	\$	4,866.96	
Savings Accounts		-0-	\$ 4,866.96

CAMP FUND, STATEMENT OF OPERATIONS For the Year Ended August 31, 1965

INCOME:			
Registration Fees:			
692 @ \$ 1.00			\$ 692.00
Chapter Members Attending Camp			
507 @ \$10.00	\$	5,070.00	
15 @ \$11.00		165.00	5,235.00
Chapter Advisors Attending Camp			
105 @ \$ 6.50			682.50
Total Registration Fees			\$ 6,609.50
Other Income:			
Craft Sales	\$	167.25	
Joke Box Commissions		27.50	
Guests		17.00	
Sundry		1.10	212.85
TOTAL INCOME			\$ 6,822.35

EXPENSES:			
Salaries and Wages	\$	1,725.00	
Future Farmers of America for Rent 627 persons @ \$2.00		1,254.00	
Food and Supplies		3,245.90	
Staff Meals Prior to Opening of Camp		97.68	
Craft Supplies		175.50	
Insurance		336.50	
Sundry			\$ 59.57
NET LOSS			\$ 59.57

NOTE: The above loss was paid out of a transfer of \$65.05 from the General Fund, of which there remained \$3.26 in petty cash and \$2.22 in the bank at August 31, 1965.

CAROLINE SAYS:

- Every chapter member and adviser should feel responsible for the success of her chapter.
- Every chapter member and adviser should possess an understanding of the FHA organization in order to inform others of the purposes and activities.
- Future Homemakers of America is the national organization of students studying homemaking in junior and senior high schools. Homemaking teachers serve as chapter advisers, which extends and enriches home-making education.
- 1966 will be FHA's 21st Birthday.

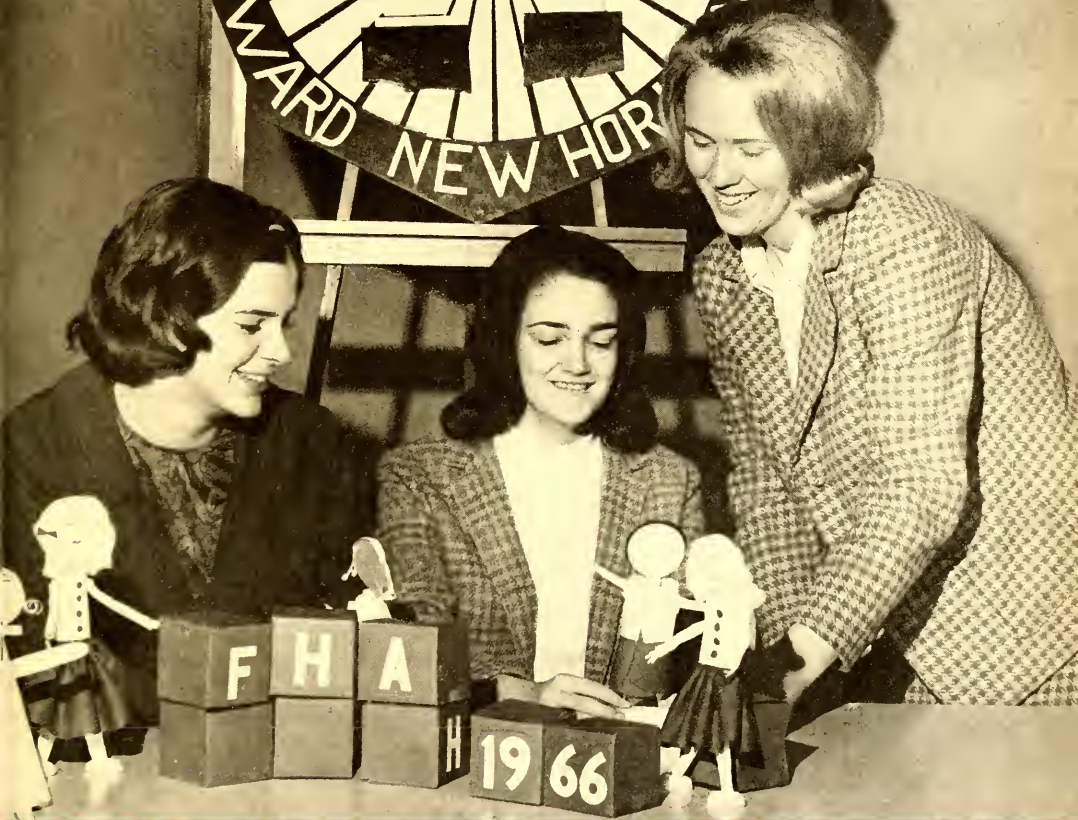


"The homes of tomorrow are in
the hand of the youth
of today"

CONVERSION OF AN FHA'ER

PATSY TYSON, *South Stanly Chapter*
That first year I sat and listened;
I spoke not for fear of being noticed.
The leaders, I envied.
What courage, what talents they had
To stand before us!
I daydreamed and made plans
To make myself great.
Unfortunately, I *did* nothing.
Therefore, I gained nothing.
I was as an outsider looking on.
Dissatisfied.

Now, a year later,
I take pride in being an FHA leader.
I no longer fear attention.
I still make plans,
But, now I act.
I help and I belong.
I have improved and, in time,
I will improve even more.



VOLUME XIV

APRIL 1966

NUMBER 3

FUTURE HOMEMAKERS

★ North Carolina Association ★

North Carolinians Celebrate National FHA Week, March 27 - April 2

The spring issue of the magazine has been planned for you to publicize some of the activities carried out across the State related to the new National program of Work and the North Carolina Program of Work. Did you carry out projects for at least one of the State adopted projects: "Morals and Manners Matter," "Make Your Money Behave," or "Jobs, Careers, and You"?

Greetings From Your Adviser

Have you had fun with your chapter activities this year? Do you realize just what membership in FHA has meant to you? It has provided the opportunity to work and have fun with girls your age. If you have accepted the challenge of being a good member, you have participated in the activities of your local chapter and worked to achieve the best results. You have taken advantage of opportunities and responsibilities of leadership.

Now that the 1965-66 school year is rapidly drawing to a close, it is time for officers and committees to begin making plans for evaluating chapter programs, filling out the annual report, included with this magazine, and mailing it to the State Office by **June 1**. It is time for you to call a meeting of the executive council and set up evaluation forms for chapter members to use in determining how much has been accomplished, the most successful programs and activities, and plans for your program of work for next year. If you were one of those who failed to affiliate by the December 1 deadline, make this your first goal for next year.

As State Adviser, I am anxious to hear from chapters who plan to send delegates to the National Convention. Chapters who have sponsored delegates in the past indicate that they have more interesting meetings and more exciting activities because of suggestions and ideas gleaned from the convention.

All members of the home economics supervisory staff in the State Department of Public Instruction join me in thanking every Future Homemaker and her adviser for their contributions to the progress of the State association through planning and carrying out worthwhile local chapter programs. Special tribute goes to each chapter adviser and to each local officer in every affiliated chapter in North Carolina.

FHA'ER TO ATTEND NATIONAL YOUTH CONFERENCE

Kay Dowd, of Union Pines High School in Moore County, has been selected to represent North Carolina Future Homemakers of America at the National Youth Conference on Natural Beauty and Conservation of Natural Resources. The conference is to be held in Washington, D. C. in June.



Union Pines FHA chapter chose, as their service project, the landscaping of a school court. Kay was elected as chairman of the landscaping committee. In this capacity, the committee worked with Kay's father, Mr. Harold Dowd of Windy Hill Nursery, in the selection and placement of shrubs and plants in the courtyard. FFA Club members, supervised by their advisers, assisted in the planting of the shrubs.

With a strong background in beautification, Kay is unusually well qualified as a delegate to this conference. Her father now owns a nursery; and her grandfather, the late Mr. Peter Dowd, was also a nurseryman and did much of the landscaping of Pinehurst.

This project was financed by the sale of cleanser by the FHA Club members.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS

1965-66

President, Susan Banks, VIII
Vice-President, Beth Kirk, VII
Secretary, Cynthia Overcash, VI
Treasurer, Susan Martin, V
Reporter, Frances Aycock, IV
Parliamentarian, Ann Troublefield, III
Historian, Patsy Britt, II
Recreation Leader, Cindy Glover, I

DISTRICT ADVISERS

1965-66

Mrs. Nelle Dotson, West Henderson, VIII
Miss Ruth Dillard, South Rowan, VII
Mrs. Katharine Smith, West Lincoln, VI
Mrs. Helen M. Godwin, Northwest Guilford, V
Mrs. Dorothy Pruitt, J. F. Webb, IV
Mrs. Clara Neville, Pembroke, III
Mrs. Marion Elkin, East Duplin, II
Mrs. Jane Bass, Tarboro, I

State Adviser

Mrs. Hazel G. Tripp

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina 27602

Parade of State Officers 1965-1966

The state officers have prepared brief sketches of themselves for the 32,387 members and the 585 chapter advisers.

SUSAN BANKS, President

Dear Abby,

I am 18 years old and a senior at Rutherfordton-Spindale High School. Medium long, light brown hair tops off all five feet, ten inches of me. Singing, swimming, reading, cooking, and making new friends head the interest list. I love sports, especially football, although I'm only on the watch-and-yell side.

My father, a science teacher, and my mother, an English-dramatics teacher, and my pesky, lovable, six-year-old brother make up my family. School clubs (FHA, FTA, mixed chorus), chapel choir, and YWA's keep me busy; but I'm still trying to keep my "A" average to prepare me for college and an English-teaching career.

Now that I've filled you in, maybe you can solve my problem. What color dress should I wear to the State Convention, April 23?

BETH KIRK, Vice President

Dear Diary,

December 9, 1948: Just arrived.

1951: Cutting teeth, sitting up, started dancing lessons. Had our recital the other night. Just stood there. Money, costume, etc. down the drain. I didn't dance a step.

October 31, 1953: Competition — we've got a baby girl — a sister.

1955: First grade. Glad I went to kindergarten! My lowest grade is conduct. I just can't seem to keep my mouth closed.

1957: Big honor — chosen to play Adele in the senior play, *Jane Eyre*.

1962: Finally made it to junior high. I'm a cheerleader and in the Beta Club.

1963: 9th grade — chief cheerleader of Red Devils and president of the Beta Club. Joined new club this year — FHA! It's a real nice organization — have lots of fun, the girls are dolls! Was awarded Curved Bar in Girl Scouts.

1964: "Sweet Sixteen." Real high school with real homework. President of sophomore class, in homecoming court, student assembly, Latin and Pep Clubs, and FHA. Went to district FHA Rally. Made a little speech, answered a question, and went home a very happy State FHA Vice-President. Big day! Summer: FHA National Convention in Philadelphia.

1965: On state Luther League executive committee, cheerleader, and FHA member. Had our district rally in October.

My diary isn't finished. I wonder what will be written on its pages in years to come. Hope my college dreams come

true. Marriage will be a post graduate course.

CYNTHIA OVERCASH, Secretary

Hello, FHA'ers, my name is Cynthia Overcash, and I am 17 years old. My home is near Concord, where I live on a dairy farm with my parents, Mr. and Mrs. Carl O. Overcash; my grandparents: a brother, 15; and two sisters, 10 and 4.

Included among my hobbies are sewing, baking, reading, and crossword puzzles. Swimming and playing basketball fill a lot of leisure time. By the way, cats are my favorite pets.

I am a senior at W. R. Odell High School. I don't really know which are my favorite subjects, but history and literature seem to be the most interesting. I enjoy taking part in extracurricular activities. I am president of our FHA chapter and have earned my State de-

gree. I am a member of the Beta Club, FTA, Student Council, and Monogram Club. I am on the varsity basketball team. I play the piano and am co-accompanist for our school chorus.

Next fall, I will attend the University of North Carolina at Greensboro and plan to major in home economics. I would like to be a home economics teacher and an FHA adviser. I am sure that being an FHA member has helped me in my high school years. I believe that by meeting people through FHA I have been able to develop a better personality. I do know that memories of FHA work will go with me throughout life.

Hi! My name is Susan Martin, a sixteen-year-old junior at Eastern Alamance High School. Now that the name, rank, and serial number are out of the way, I will tell you more about myself.

I have two wonderful parents and one twenty-two-year-old brother. Anything that brings me into contact with a lot of

people is my hobby. I indulge in the all-time favorites: swimming, dancing, bowling, and going to parties. Among my prized possessions are a horse, "Misty"; a puppy, "Scampe"; and a 1948 Chevrolet, "the Green Goose."

At Alamance Memorial Hospital, I am a Candystriper. At school, I am a member of the FHA, National Honor Society, Keyette Club, and junior varsity cheer-leading squad.

There is not a lot to tell about myself so I will say, "Farewell" until I see you at the State Convention.

FRANCES AYCOCK, Reporter

Hi, FHA'ers! When you reach your senior year in high school, as I have, strange things happen. Suddenly, you realize that these four years are almost over and that soon you will begin a new portion of life. Everything you do takes on a special meaning (this is the last



The officers, from left to right, are: President, Susan Banks; Vice-President, Beth Kirk; Secretary, Cynthia Overcash; Treasurer, Susan Martin; Reporter, Frances Aycock; Parliamentarian, Ann Troublefield; Historian, Patsy Britt; Recreation Leader, Cindy Glover.

time I'll do this!) and you begin to remember. . . . Yes, I remember all the terrific times I've had and the wonderful people I've met, especially in FHA — at rallies, National Conventions, camp, and meetings of State officers. My activities in my own small town of Smithfield and in my own high school will never be forgotten. Those football games, my part-time jobs, dances, Girls' State last summer, my love of music, and trying to stay on the honor roll will be etched in my memory forever. As the first semester of my senior year closes, I am grateful to my parents, Mr. and Mrs. Richard N. Aycock, Jr., and my brother, Rick, 12, for their guidance and patience. I am looking forward to continuing my education, hoping for a degree in mathematics, at the University of North Carolina at Greensboro. I hope to see some of you there!

ANN TROUBLEFIELD Parliamentarian

Hi, FHA'ers! I am Ann Troublefield, and I hail from District III. I live on a

(Continued on cover 3)

STATE CONVENTION

APRIL 23

RED LETTER DAY

It's that time again — time when we are looking forward to our annual State FHA meeting — the best ever! Have you selected delegates to represent your chapter? Make certain those you send will be co-operative and want to learn as much as they can about FHA and that they will share convention highlights and experiences with chapter members when they return. Choose enthusiastic members who want to attend and who will be bubbling over when they give reports at your chapter meeting.

Our FHA'ers have the reputation of being neat, well-mannered young ladies. This will be easy to live up to if everyone will put their best foot forward at all times. This means being well dressed and practicing good manners. Be on time for the meeting and don't leave until adjournment.

The highlight of the convention

will be an address by Dr. Carl S. Winters, lecture staff consultant of General Motors Corporation. His topic, "One Woman Power," should



DR. CARL S. WINTERS

hold you spellbound as he emphasizes ideas to coincide with our three state projects.

Dr. Winters, a modern jet circuit rider, has achieved an international reputation as one of America's foremost inspirational speakers and humorists. He has the rare faculty of combining humor and philosophy. He makes you LAUGH and he makes you THINK. He gives you something definitely worthwhile.

Dr. Winters has given the keynote address for more than 800 state, national, and international conventions on four continents. His itinerary has placed him before audiences in every American city, as well as London, Paris, Rome, Cairo, Hong Kong, Calcutta, New Delhi, Leopoldville, Rio De Janiero, Manila, Tokyo, and Honolulu.

Another highlight of the State Convention will be the presentation of State Degrees of Achievement. The degrees of achievement program is one way in which the Future Homemakers organization gives recognition to its members who have worked effectively toward achieving the purposes, contributed to the improvement of chapters, homes, schools, and communities, and who have planned for their personal growth.

Meet Me in St. Louis!

Is your chapter interested in sending a delegate to the National FHA Meeting at the Chase Park Plaza Hotel in St. Louis, Missouri, July 13-16? The theme, "21 Years — Foundation for Progress," will be strengthened with the objective: to help Future Homemakers of America improve themselves and their organization by learning from the past, lighting up the present, and looking to the future. The quota from North Carolina will be the eight elected state officers, the eight elected district advisers, and 37 delegates from local chapters. The expenses of the state officers and district advisers will be paid from the 10 cents contribution made by the members.

The delegate must be an active FHA member.

Applications from those who wish to attend will be selected on a first-come basis with only one delegate from a chapter. After April 15,

checks will be accepted for additional delegates from chapters to fill the quota. The applicant's attitude, interest, and enthusiasm in the home economics program are important factors. Remember that a senior graduating in 1966 will have little opportunity to apply her learnings and experiences from the convention to her local chapter.

Below is an estimate of the Convention expenses:

Registration	\$ 3.00
Room	19.00
Train fare (round trip)	89.00
Box lunch en route	1.50
Transfer of luggage	1.50
Tips	1.50
Theater (special entertainment)	4.05
Meals at convention	27.95
Return trip meal	1.50
Insurance	1.00
Total	\$150.00

The delegate will pay for transportation to and from Raleigh, six meals before and after the meetings, and personal purchases.

National Committee Report

By JEANNETTE SAWYER

National Recreation Committee of Bath Chapter

What is leisure time? Is it time when FHA'ers dance, read, and listen to the radio; or is it time when



FHA'ers visit shut-ins, help in a neighborhood hospital and publicize FHA's value to a member? It could be both. The best use of leisure time is for "Learning, Loving, and Laughing" as the East Duplin and W. R. Odell Chapters have illustrated.

In November, five FHA chapters were asked to participate in a national recreation project. Only two chapters reportedly carried out their goals, W. R. Odell and East Duplin. These chapters proved that leisure time can be more enjoyable and

(Continued on cover 3)

To Our National Candidate And Board Member

Best Wishes to Vonna, Candidate for Vice-President of Southern Region

Selected as North Carolina's candidate for the office of National Vice-President of the Southern Region of the Future Homemakers of America is Vonna Viglione, a junior at Seventy-First High School near Fayetteville.

Dear Fellow FHA Members,

May I thank you for the privilege of representing you as North Carolina's candidate for National Vice-President. I realize that no one person can embody all the qualifications our North Carolina FHA'ers have, for we are blessed with a membership as rich and varied as our State itself. I also know that no candidate ever won election without the hard work and support of people who bore the lion's share of the work without receiving any recognition, publicity, or thanks except those of a grateful candidate. Because I want and need your help to bring the office of National Vice-President home to North Carolina, may I please tell you a little about myself in hopes of soliciting your support.

I am 17 years old and come from a family of four children. I have a 15-year-old sister with whom I share a reciprocal trade agreement on clothes, a 10-year-old sister with whom I share a room, and an 8-year-old brother whose worms, frogs, and other creepy crawlers, I refuse to share in any way whatsoever!! Because my father was in the Air Force until his retirement in 1963, I have been fortunate to have lived in several states and traveled through many others. I was born in South Dakota and spent several years in Oklahoma before coming to North Carolina in 1959. How we feel about North Carolina can best be shown by the fact that, though our coming here was by chance (via Air Force orders), we have remained here by choice.

North Carolina has given me much; and, because I hope to provide all of you with a little ammunition for the National Conven-

tion, I offer my qualifications for National Vice-President.

I am a junior at Seventy-First High School, a county school of approximately 1,300 students located near Fayetteville. In my freshman year, I was a member of the student council; and as winner of the World Peace Oratory contest, I received a trip to the United Nations and Washington, D. C. The following year, I was secretary of the school Debate Club, chairman of the FHA beauty con-



Congratulations to Phyllis Suggs

Serving as a National Member of the Board for 1966-67 The North Carolina Association of Future Homemakers of America is proud to have Phyllis serve on the National Board.

Greetings, FHA'ers,

Have you ever felt happy and gay, as if you're floating on air? Probably so. I'll bet it was for one of the



normal teenage reasons, though. But I'm not happy for those of those reasons. What's all the excitement about? I've been selected as your representative to serve on the National FHA Board for 1966-67. I am surprised and thrilled. It is with sincere gratitude that I accept this honor that has been bestowed upon me, and I pledge my sincere loyalty in carrying out the duties of this position.

Being so excited, I forgot to tell you that I am Phyllis Gail Suggs, a junior at E. E. Smith High School, Fayetteville. I have been active in NHA for the past two years and

test, freshman editor of the annual, president of the sophomore class, and was nominated for Governor's School in voice.

I want to bring the office of National Vice-President home to North Carolina; but, even more than that, I want to represent you and our State well. So I ask all of you for your help. I realize that the distance and expense involved will prevent many of you from attending the National Convention, but I ask for the help of you who do attend plus the good wishes and prayers of you at home.

I hope our "New Horizons" will include the National Vice-Presidency for North Carolina. But, whether it does or not, I shall always consider it an honor and privilege to have represented you. I am looking forward to meeting all of you at our State Convention in April. In the meantime, if you have any suggestions for our campaign, would you please write to either our State Adviser, Mrs. Hazel Tripp, or to me.

Sincerely

VONNA VIGLIONE

have held the offices of chapter song leader, treasurer, and state reporter. This office presented me the opportunity to attend the National Convention at Langston University, Langston, Oklahoma. It was truly a rewarding experience, one that I will never forget.

My term of office as state reporter was short lived because FHA became the one organization for North Carolina; thus, I became one of five candidates to be considered for the National FHA Board.

My hobbies are cooking (trying new recipes), sewing, modern and interpretive dancing. I love corresponding with other teenagers, and I would love to hear from any FHA member.

I suppose my most immediate desire is to finish high school and to attend Adelphi University in Garden City, New York. I will major in physical education and minor in modern dancing. My greatest ambition is to, one day, open a dance and charm school.

Right now, I am looking forward with great anticipation to attending the National Convention in St. Louis in July.

Clayton FHA chapter felt the need of helping students to become more aware of the fact that morals and manners do matter. A panel discussion composed of two girls and two boys was carried out at one of the regular meetings. These questions were discussed by the panel:

1. Do you think unsupervised activities and youth pushed into social situations at too early an age has had some effect on the moral standards of teenagers of today?
2. Why has there been an increase in cheating, vandalism, destruction, and unacceptable behavior in public places?
3. Why do most teenagers lack values and why do they fail to see the advantages of maintaining high moral standards and accept moral responsibilities?
4. Why has there been an increase in intimacy between boys and girls?
5. Why has there been a dramatic lowering of moral standards in the past ten years among teenagers?
6. Why has there been an increase in unwed mothers and early marriages?
7. Have television programs,

movies, literature, and newspapers contributed toward increased permissiveness in physical relationships between the sexes?

8. Why has there been an increase in smoking, drinking, and use of narcotics among young people?

As a follow-up, a survey was made of the entire student body to find out how they stood on morals and manners. Following are some of the questions and results:

When asked if they respected privacy of others, 96 per cent of the girls said yes, while 100 per cent of the boys said yes. Do you think teenagers expect and respect responsibility? 77 per cent of the girls said yes, 90 per cent of the boys. Ninety-six per cent of the girls and

Projects Related to S

FHA'ers Have Been Busy "Manners and

90 per cent of the boys said they did their own school work.

Dating seemed to strike up interest with everyone, so some questions were asked on this topic.

1. Do you think a boy should help a girl with her coat? Ninety per cent of the girls and 80 per cent of the boys said yes.

2. Should a boy go to the door when calling for a date? Ninety-six per cent of the girls and 80 per cent of the boys said yes.

3. Do you approve of showing affection in public? Girls answered 42 per cent yes to 30 per cent of the boys answering yes.

4. Do you drink alcoholic beverages? Four per cent of the girls said yes, and 20 per cent of the boys said yes.

5. Do you smoke? Eighteen per cent of the girls said they smoked, and 29 per cent of the boys.

6. Do you think young people live by their values? Fifty-five per cent of the girls and only 20 per cent of the boys said yes.

7. 58 per cent of the girls and 61 per cent of the boys said yes to blind dating.

8. Do you approve of going steady? Surprisingly, 90 per cent of the boys said yes, compared to 77 per cent of the girls.

Person County High FHA'ers Observe Courtesy Week

"Courtesy Week" was sponsored by Person County FHA in Roxboro along with the FFA from December 13 through 17. The theme was "Your Manners Are Showing," and purpose of the program was to improve and encourage development of desirable behavior patterns necessary for good citizenship.

Daily topics for discussion were: Monday, "Proper Dress and Conduct at Home"; Tuesday, "Proper Dress and Conduct at School";



Bulletin board prepared by Chase FHA Chapter in Forest City.

State Adopted Projects

With State Projects on "Morals Matter"

Wednesday, "Proper Dress and Conduct at Social Affairs"; Thursday, "Proper Dress and Conduct at Public Affairs." On Friday, a skit was presented to summarize the week's program.

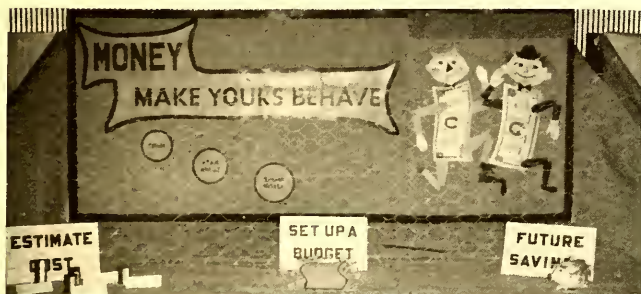
The activity was culminated with a social affair in the school gymnasium on Friday night. Students

Money Behave," was prepared by the Southern Wayne FHA chapter of Dudley. The exhibit won first prize at the Wayne County Fair for the proud FHA'ers.

The FHA Group at Southern High in Durham entered an exhibit in the Durham County Fair which won the first prize of \$50. Their clever display presented the idea that home economics training in wise use of talent, time, energy, and money leads to happy homes.

"Jobs, Careers, and You" was the

Southern Wayne's winning exhibit.



were judged on their social behavior.

White Oak High FHA chapter in Maysville presented a very unusual program on "Morals and Manners Matter." About three weeks before the program, each officer was requested to hand in ten questions concerning this topic. The questions were screened, and the best 10 were chosen. Each high school student was asked to fill out a questionnaire. The facts given in the program were based on the results of the survey.

Juanita Coleman, program chairman, portrayed the part of a roving reporter. She was standing at the corner of Morals and Manners Street, asking people on the street the different questions presented on the survey. The answers she received were the actual answers received on the survey.

A fair exhibit carrying out one of the state projects, "Make Your

title of the February program of Coopers FHA in Elm City. Features were guests representing various vocations who spoke to the group on choosing a career.

Rock Ridge Chapter

To carry out the project, "Jobs, Careers, and You," and to increase interest in home economics and the Future Homemakers organization, members working for State degrees decided to introduce eighth grade girls to the program before they reached the many trying experiences of high school.

With full schedules, it seemed impossible to find the right time for such a program. Well, why not have it after school and invite the mothers of the girls, too? Informed mothers strengthen the organization.

President Sue Davis and Mrs. Patricia Edwards, home economics teacher, welcomed the group. Barbara Hinnant, Phyllis Scott, Arlene Dew, Anita Davis, and Bonnie Scott assembled and explained the various parts of the Future Homemaker emblem as this includes the name, motto, significance of the home in the community, the impact of the community on the home, the colors, and the flower.

Eighth graders and their mothers enjoyed the relaxers which followed. Relaxers which were used at the National Convention last summer were led by the Rock Ridge delegate, Arlene Dew.



The \$50 first prize winner at the Durham County Fair.

Other Groups Benefit From FHA Activities

Southern Wayne Chapter Members Introduce FHA to Eighth Graders

The light of home economics is burning brighter because of a rather unique goal of the Southern Wayne FHA chapter in Dudley. This goal is to increase enrollment in basic home economics courses, thereby strengthening FHA.

On Valentine's Day, more than 125 mothers and daughters from the four feeder schools serving Southern Wayne attended an open house in their honor.

In addition to creating interest in home economics, the open house provided an opportunity to familiarize eighth grade girls and their mothers with the vocational home economics program offered on the ninth grade level. They had an opportunity to observe the very modern home economics department as well as a chance to view the new facilities of the entire school. The girls also met those from other schools with whom they will be working next year.

Guests were greeted at the door by the FHA chapter president, Beverly Aycock. Name tags featuring the FHA emblems were presented by Maria Stevens and Janice Flowers. Linda Riley and Roxie Massengill directed the eighth graders to the various rooms of the home economics department. Explanations of the department and its equipment, as well as the units taught were given by Mary Cox and Dianne Overman. Patsy Britt, state FHA historian, spotlighted her years and

experiences in FHA. All the girls were cordially invited to join FHA next year.

FHA'ers who are also student council members acted as guides on a tour of the facilities at Southern Wayne.

A Valentine motif was carried out on the refreshment table which was covered by a forrest green cloth and centered with an arrangement of red carnations and white glads entwined with red hearts.



Several girls and their mothers listen to the FHA guide tell about the classwork in home economics I at Southern Wayne.

Winterville FHA Chapter Became Santa's Helper

Jolly old Santa Claus has an army of helpers, and this number was increased by 50 as the Winterville chapter of the Future Homemakers of America joined in the effort to spread cheer.

The 50 girls, under the leadership of Mrs. Alya Ray Taylor, each adopted a child from the lower grades at Winterville with the chief aim of making a happier

Christmas. The idea originated with Linda Avery, president of the FHA chapter; and it started on a volunteer basis. But, as they began to buy gifts and fill stockings, more children had to be selected until, finally, every girl in the chapter was participating.

The Home Economics Cottage at Winterville, with its gay decorations and brightly wrapped gifts, served as the scene for a Christmas party for the children. Santa Claus himself was there, and he called each child by name as gifts were presented. Each girl sat with "her" child to aid in opening the gifts and in serving refreshments.

One small boy commented, "I know you're not Santa Claus because you have black hair."

Santa giving out gifts.



The Clayton FHA chapter has found the calendar issue of the State publication most valuable. The Clayton chapter has used the idea of themes for each month, as seen in the calendar issue of the magazine, to promote FHA, its goals, and the projects of the chapter. For January, Clayton FHA'ers used a snowman holding building blocks and spelling out events for the month. For March, they used Mr. Northwind blowing in the goals and projects for that month. The girls intend to continue this method of informing the members of activities. The bulletin board is in the FHA corner of the Home Economics Department.

East Duplin Rides FHA Week Rocket

March 27-April 2, 1966 was designated National FHA Week. The purpose of FHA Week was two-fold: to promote public interest in the activities of local chapters and to aid worthy projects in the community. FHA'ers told the FHA story extremely well this year. Some chapters planned special programs, some did a special display or released news stories about local chapter activities, while others were interviewed on radio and television. Some groups honored teachers with a rose or a gift. Others sponsored clean-up activities at school, in the community, or at home.

The launching pad of the U. S. Missiles, "F.H.A. Week" was known as "Cape East Duplin High." The rocket itself was the multi-manned "F.H.A. Week" crammed full of sensitive, yet powerful plans to fulfill a great mission. The target was a greater understanding of F.H.A., recognizing its values, and applause for work well done.

The countdown began March 16 with a committee meeting after school. Plans began to form. Ideas were given, discussed, and either thrown out or put in the Top Secret file marked "F.H.A. Week." For the next few days, plans became more detailed, committee meetings sprang up in quick succession, and each day brought blast-off time closer.

Finally it arrived! In the split second it took to gasp for breath, the button was pushed, and "F.H.A. Week" was here. As the rocket lifted plans were set into motion, and the orbit hours began.

The automatic project releaser gave a squeak, and out popped Sunday's design. The work went forth, and bulletin boards were erected in church by F.H.A.'ers, the ministers announced F.H.A. Week, and F.H.A.'ers planned special events for the congregation.

Monday began an all-week, as well as a daily project. Week-long activities included girls doing nice things for their "secret pal." Devotions, and work for the T.V. Program were given by F.H.A. Officers. The daily activity focused on newspaper articles and a display was prepared for all students to see.

Tuesday's plans stressed our purposes through taming methods. School Personnel Appreciation Day came into view with special favors or gifts presented to teachers, teacher aides, student teachers, anitors, and maids. Getting on a good basis with those we needed most at school helped strengthen morale, purposes, and a feeling of tasks well done.

Wednesday was the day set aside for our rocket to launch a satellite. This day was a personal appearance T.V. program. Tension increased at this stage of the game, but members were well ware of the progress they had made in increasing the public's knowledge of our lub.

Thursday began "School Improvement

Day," and F.H.A.'ers began to improve everything they touched. Their motto seemed to be: "Leave everything better than you found it." What a way to go!

Friday began another important phase of the week's activities. Orbit-programs were presented for eighth grade students of the three schools consolidated to form East Duplin. This was called "recruiting in advance," for we hoped to interest these girls in our club and its worthwhile causes.

The last day of the mission was Family Day. F.H.A.'ers planned something nice for the entire family. This placed a

Varied and Meaningful Activities at South Granville

Highlighting the many and varied activities of National FHA Week at South Granville High School in Creedmoor was the afternoon trip that FHA'ers made to Murdoch School at Butner. An entertaining skit written by local members and emphasizing social courtesies was presented. The forty Murdoch girls were also guests at an afternoon tea given by South Granville students.

A chapter delegation attended the Butner Presbyterian Church on FHA Sunday. In addition, other ministers in the consolidated school district recognized



FHA'ers at Red Springs admire hall bulletin board exhibited during National FHA Week

special emphasis on the entire F.H.A. existence.

The splashdown brought "F.H.A. Week" to an end. The results were as inspiring as we expected. F.H.A. now stood an undefeated and glorified victor in the field of achievement.

Information and Volunteer Work by James E. Shepard Chapter

James E. Shepard FHA Chapter (Zebulon) celebrated National FHA Week with an assembly program featuring short skits interpreting the program of work premiere found in the September-October issue of *Teen Times*. Each person at the assembly program was given an FHA fact sheet containing answers to the following questions: What is FHA? Who may join FHA? How do Future Homemakers work toward their purposes? What is the FHA motto, emblem, flower, colors, and how is FHA organized? How is FHA financed?

During FHA Week, Zebulon chapter members also worked as Candy Strippers at Wendell-Zebulon Hospital.

National FHA Week and the members in their congregations.

The colorful, as well as meaningful, bulletin boards and window displays in the school served as bird's-eye-views of the FHA organization. Faculty, administrators, and FHA parents were guests at a tea given on Wednesday of FHA Week in the homemaking department. The eight officers served as official hostesses. School beautification and family togetherness were other projects sponsored during the week.

On Saturday, chapter members and advisers journeyed to Raleigh for a tour of the State Legislature Building and attended the afternoon showing of "Sound of Music."

National FHA Week proved to be a time for personal, school, community, and family improvement for members of South Granville chapter. Agnes Keith is president. Members of the projects committee who were responsible for organizing these activities are: Cindy Chappell (chairman), Judy Boone, Vickie Meadows, Betty Whitfield, and Laura Bullock.

The J. F. Webb FHA Club in Oxford sponsored a talent contest on February 12 with Claudette Hilton winning first prize of \$5 and five hamburgers at Hardee's. Claudette sang a medley from "The Sound of Music" and was accompanied by Kathy Webb. Second prize, a record album and hamburgers at Hardee's, went to Kitty Boswood who sang "The House of the Rising Sun," accompanied by Sidney Comer on the guitar. Mary Ola Kearney won third prize — Valentine candy and a treat from Hardee's—for her rendition of "As Years Go By," accompanied by Rick Platt on guitar. The FHA Mother-Daughter buffet, held at J. F. Webb, was attended by 160 FHA'ers, mothers, and guests. Bennett Straugh, gave an interesting talk on Thanksgiving and its religious significance. With his wife playing an accordion in the background, Mr. Straugh illustrated his ideas with quick, skillfully-done drawings using colored chalk.

"I think that I shall never see a poem lovely as a tree," Joyce Kilmer's poem, "Trees," was recited by Revisha Swinson as the East Duplin FHA members in Beulaville planted a dogwood. The tree was a gift of Mrs. Sally Ingram, honorary



Rachel Ohie, left, and Dixie Farrish, Person County FHA'ers, model dresses which they created for the fashion show.

East Duplin member. Mary Ina Grady offered a prayer during the tree-planting ceremony.

Good Health is a valuable asset. This is the belief of FHA'ers at Second Ward in Charlotte. The girls are learning to improve health through good food habits. They are learning how to store food properly, how to plan, prepare, and serve more nutritious meals and how to make the best use of USDA Surplus Foods received by their families.

Coopers FHA chapter members (Elm City) were hostesses at a Christmas tea honoring their mothers. The tea provided an opportunity for the girls to exhibit skills they had mastered. They prepared the refreshments; and, using a holiday theme, presented a fashion show of woolen outfits they had made. The busy Coopers FHA'ers also held a bake sale before Christmas.

A December project of the Magnolia FHA in Lumberton was visiting patients at the Cancer Institute. The members carried gifts and sang Christmas carols to approximately 31 patients.

East Carteret FHA girls of Beaufort

Chapter Chatter

gave an open house for faculty and fellow students. On exhibit were Christmas handicrafts made by chapter members. Included in these were dolls, pot holders, aprons, and tree skirts. Russian tea, cheese biscuits, open-face sandwiches, and cookies were served.

In Roxboro, the Person County FHA chapter presented a fashion show as a chapel program in which they modeled outfits they had made. Included in the narrator's description was an important fact — the cost of each garment.

Graham FHA chapter sold balloons for the Heart Fund on February 12, 19, and 25. After much blowing and tying, the balloons were sold for a total of \$200 to be turned over to the Heart Fund.

Clarkton FHA's goal of "Better Communication with Adults" was the theme used in a program which the club presented for PTA members. A devotional thought on Values in Family Living" was followed by a dress review as seen in a "Magic Dream"; and a play, "High Pressure Area," by Nora Sterling gave stimulating insight to better family relations. As a climax to a creative arts unit, Clarkton's FHA'ers also held an open house for adults who admired an exhibit and enjoyed dainty foods prepared for the special occasion.

Future Homemakers at Northern in Durham served several kinds of party sandwiches, cookies, candies, and punch at the open house held each year to display Christmas foods and decorations. Of significance was the fact that the students had made most of the decorations from common household items.

Among the most interesting of the decorative articles were candles with an airy quality. This effect was achieved by pouring melted paraffin into a mold, such as a milk carton, filled with crushed ice. Pieces of crayon can be melted with the paraffin to give it color and some of the students added glitter to the finished candle.

March ushers in kites, windblown hairdos, and flying skirts. This year, a half of plans also blew in—plans for the East Duplin FHA Mother-Daughter banquet. The program design was a house made of the letters, "FHA," and blocks representing each of the national projects. The main interest was focused on the block, "Good Family Relations." Annette Grady, parliamentarian, welcomed the mothers and Mrs. Leland Grady responded. Honorary memberships were presented to Mr. O. P. Johnson, superintendent of Duplin County Schools; Mr. Wilbur Hussey, Jr., high school teacher; and Mrs. Leo Kennedy, lunchroom supervisor. The Rev. Hugh Ross Williams spoke on parent-child relationships to the three hundred attending the banquet.

Person-Albion FHA'ers are a busy group in Franklinton. They presented gifts to mental patients at Dorothea Dix Hospital in Raleigh. During the annual Christmas parade, their president rode in a decorated car bearing the FHA motto. Caroling preceded refreshments in the home economics department.

Activities in the Madison-Mayodan FHA chapter are varied with a covered-dish supper being the first social for FHA'ers and parents. "The Art of Your Wardrobe" was the theme of an informative meeting at which a speaker talked on handbags, the proper gloves, and gave other suggestions for attaining charm. Thanksgiving baskets were prepared for needy families.

Mrs. Josephine Clement was guest

Durham High FHA members prepare for a Christmas open house.



speaker at Durham's Hillside FHA meeting. At the installation service, Mrs. Clement used as her subject, "Building Blocks for the Future." She made it clear that everyone's future is a personal goal and specified that attitude, behavior, character, and ability determine success.

The Chatham Central chapter of Future Homemakers of America in Bear Creek sponsored a Mardi Gras dance as a money-making project. The school cafeteria was decorated with brightly colored lights, balloons, and masks. Entertainment consisted of songs, pantomimes, and a comedy act by students. Guests dressed in costumes and were judged by the chaperones with the best-dressed couple receiving a prize. Proceeds from this project were used to purchase new equipment for the home economics department.

"The Treasures of a Good Home" was the theme for the Louisburg FHA mother-daughter banquet. Connie Leonard, president, gave the welcome with Ann Merritt toasting the mothers, followed by a response from Mrs. Merritt.



Louisburg FHA members used a treasure chest of jewels to carry out their theme.

After last year's very successful first visit, Durham High's FHA'ers made a return trip this Christmas to the Methodist Retirement Home. They gave an inspiring program featuring the reading of the Christmas story, group singing, and refreshments made by the members. The "old folks" were most appreciative of teenagers who sacrificed a holiday afternoon to bring cheer. The girls held a festive open house just before Christmas in the home economics cottage. This industrious group also dressed 60 dolls for Christmas distribution by the Salvation Army.

Future Homemakers of Central Davie in Mocksville stressed imagination and resourcefulness in making Christmas decorations of simple objects such as bottle caps, clothes pins, thread cones, and toothpicks. They are planning a joint banquet at which FHA'ers will honor their mothers and FFA'ers will honor their fathers.

Girls of Harmony High FHA presented a chapel program which stressed the importance of good personal traits. Sandra Frouman, who is both Miss FHA and president of the chapter, was surrounded by members wearing white gowns. Across each gown was a red streamer bearing the name of a desirable characteristic. As the narrator described the various

traits, girls portraying them turned toward the audience.

Service to School and Community by J. F. Webb Chapter

J. F. Webb's Future Homemakers began FHA Week activities in Oxford with service to the school. Marsha Aitken, FHA secretary, and her committee gave daily devotions over the public address system during homeroom period. Dorothea Jones, chapter vice-president and FHA state treasurer, created an interesting exhibit for the school showcase. Nancy Walker and her committee members made favors for all Webb teachers; and Linda Daniel, FHA treasurer, made name tags for members.

Joan Smith kept the public informed of the chapter's activities via WOXY radio and the Oxford Public Ledger.

STATE OFFICERS

(Continued from page 1)

farm in Sampson County with my parents, one brother, and one sister.

School activities at Hobbton High School include, in addition to FHA, Beta Club, French Club, and FTA. I am a marshal and chief cheerleader. I have recently been honored with the title of "Miss Hobbton." I enjoy reading, cooking, sewing, knitting, playing the piano, and dancing.

Future Homemakers of America has been of prime importance during my high school years. I have enjoyed earning the three degrees in FHA. The organization has helped prepare me for the future. I am very grateful that, through FHA work, I have gained confidence.

PATSY BRITT, Historian

I'm Patsy Britt from District II; but, just call me Pat, and consider me an old friend.

Perhaps I met you at a district rally or at the State Convention; but, if not, let's take a minute now to get acquainted.

Although my schedule is crammed with many things to do, I manage to find time for classes at Southern Wayne High School. The courses I find most enjoyable are home economics and math. I have a three-fold reason for my interest in home economics: an excellent teacher who introduced me to FHA, an understanding sister who also teaches home economics, and a mother who rates home economics very highly. As you might have guessed, I am considering a career in home economics.

My extracurricular activities include FHA (of course), Monogram Club, chorus, student council, and being co-captain of the varsity cheerleaders. Recently, I was elected FFA Sweetheart by the Southern Wayne FFA'ers. Last spring, I served as a pageant in the Senate of the 1965 General Assembly. Some of my hobbies are swimming, skating, singing, reading, and cooking.

Two other important aspects of my life are church and family. Together they give me security and the desire to do my best.

As I said, I would really like to get



Clayton chapter makes good use of calendar issue.

to know you and your interests, so write me if you get a chance. My address is Route 1, Four Oaks, and I will be looking forward to hearing from you.

CINDY GLOVER, Recreation Leader

Hi there, FHA'ers! I'm Cindy Glover, daughter of Mr. and Mrs. Leon Glover from Rocky Mount. I am a junior at West Edgecombe High School. I am a cheerleader and a member of the Beta Club, Glee Club, 4-H Club, and FHA. I attend West Edgecombe Baptist Church. I am a YWA and a member of the young peoples' class and training union.

Among my hobbies are horseback riding, walking through the woods, sewing, drawing, reading, and writing. Who knows, someday you may be reading a book written by me. I plan to attend college and earn a masters degree.

Being an FHA state officer has broadened my horizon in a thousand and one different ways. I am able to look to my future as a new frontier full of opportunity.

COMMITTEE REPORT

(Continued from page 2)

worthwhile if it is used to help others.

During their leisure time, members of these chapters visited rest homes where they shared experiences or sang. Several members served as Candy Strippers in hospitals and prepared exhibits for the county fair which required handmade objects. Some members even spent their leisure time mending clothes for the Salvation Army.

Do you learn something new, gain a new friend, or make someone happy during your leisure time? If not, you may be using it selfishly. Why not start now using your leisure for "Learning, Loving, and Laughing" as these two chapters did.

OUR COVER: East Duplin Officers are shown arranging an exhibit in the entrance of their beautiful school during National FHA week.

WHAT IS A REAL HOME?

By BETTY COBB, *Saratoga Central FHA Chapter*

A real home is a place of beauty.

Not only to the eye but to the heart—

A place where one knows his duty

Where he knows where, when, and how to start.

A real home is a gymnasium with kids running to and fro—

A place where there is a mother to help heal a hurt or woe.

It is a lighthouse that reveals breaks ahead.

It is a beacon that guides the path one may dread.

It is a play ground providing games and sports.

Keeping one from committing all types of torts.

It is a workshop where a child is taught to do many things.

Where the honesty, democracy and good conduct bell rings.

It is a secret society where family secrets are shared—

A place where broken hearts are healed and often repaired.

A real home is all of these and more—

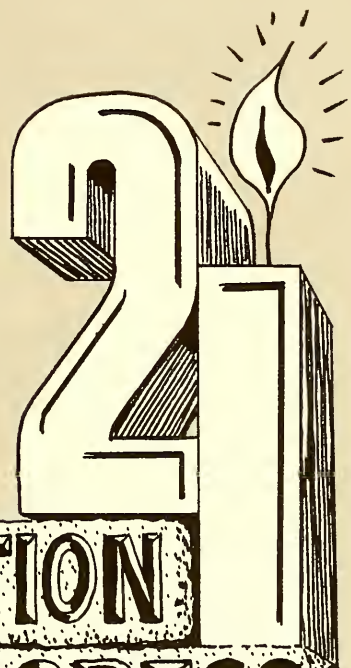
A place where a child can grow, learn, and explore.



The 21st anniversary of FHA will be celebrated from July 1, 1966, to June 30, 1967, with the kick off at the National Convention in St. Louis July 13-16. Chapters are encouraged to plan special activities for their birthdays. Plan special FHA summer activities to begin the celebration of FHA's twenty-first year.

- Recognize achievements of members.
- Interpret to the community the values and purposes of the local FHA chapter.
- Have a workshop on degree standards.
- Hold a workshop for officer training.
- Plan a Daddy-Date night.
- Prepare for the future; you will spend the rest of your life in it.

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FOUNDATION
FOR PROGRESS

FUTURE HOMEMAKERS

★ **North Carolina Association** ★



Happy birthday, FHA'ers!

The 1966-67 FHA year is going to be an exciting birthday celebration, so "sit tight" while I tell you some of the things to expect.

"Twenty-One Years—Foundation For Progress" is the theme on which the State Association activities are centered.

An excellent Program of Work has been planned, and it offers many suggestions for chapter activities. The three projects selected by North Carolina are: "Good Family Relations Through Communications," "Citizenship Challenges You," and "Leisure Time—Constructive Time."

The climatic event of the year is the State Meeting to be held at the Dorton Arena, State Fair Grounds, Raleigh, April 8, 1967. Since 1966 marks the Twenty-First Anniversary of FHA, we

are hoping that this year's State Meeting will be the best yet. We are making plans for a GREAT birthday celebration that will include fun, education, and inspiration! Each chapter must be an active participant in the FHA Program to realize the fullest degree of achievement. If each of you helps, we will have the greatest FHA yet!

This is your "Program of Work Calendar for 1966-67." I hope you will use it to record information and important events in your chapter, as well as use some of the suggestions for activities.

Let me introduce you to "Faye" and encourage you to use her during the birthday year. Faye is the design that has been selected by the National Organization as the symbol for FHA's Twenty-First Birthday.

May I extend to you my good wishes for a successful year in FHA.



NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS

1966-67

President, Beth Kirk, VII
Vice-President, Toni Thompson, VI
Secretary, Marie Kernodle, V
Treasurer, Dorothea Jones, IV
Reporter, Virginia Autry, III
Parliamentarian, Sarah Eakins, II
Historian, Harriet Morrow, I
Recreation Leader, Priscilla Hurte, VIII

DISTRICT ADVISERS

1966-67

Mrs. Shelby Nichols, Davie County, VII
Miss Frances Ryan, Garinger, VI
Miss Linda Pinkham, Asheboro Sr., V
Miss Cleo Cotas, Northern Durham, IV
Miss Linda Flowers, Hope Mills, III
Mrs. Virginia Catalan, Jacksonville, II
Mrs. Lucia Long, Jamesville, I
Mrs. Claire Rector, North Buncombe, VIII

State Adviser

Mrs. Hazel G. Tripp

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina 27602

Three State FHA'ers Assist at National Level

Vonna Viglione, a senior at Seventy-first High School, Fayetteville, was elected National Vice-

Phyllis Encourages FHA Membership

Phyllis Suggs, a member of the E. E. Smith Chapter, Fayetteville, has responsibility for promoting the growth and development of the Future Homemakers of America as National Co-chairman of Membership. The other chairman of the committee is Sharon Cogdell of California. The Membership Committee will assist in the development of a "Plan of Work" that will help



Phyllis Suggs, North Carolina's Representative on National Board.

to interest youth in becoming members of FHA. The co-chairman is an active member who works closely with the advisers and serves as liaison between the state and national organizations.

Phyllis will keep complete and accurate accounts of proceedings of the business sessions at the National Convention and meetings of the Executive Council.

She is enthusiastic and seeks to use every possible opportunity to interest girls in becoming active members of FHA.

president for the Southern Region at the National Meeting. Each national officer is responsible for developing and carrying out a national project. Vonna has chosen "Educate Citizens, the Promise of America, the Hope of the World." She is relating her project to the national (and North Carolina) project, "Citizenship Challenges You." Vonna attended the National Youth Citizenship Council September 11-14, 1966, and the National Executive Council September 17-21 in Washington, D. C., to gain insight into how her project may be carried out. She will preside at the Southern Region Meeting at the National Convention in Los Angeles, California, July 10-14, 1967.

Sherry Baldwin of the Henderson High Chapter will be one of the two "Teen Times" representatives from the Southern Region. Sherry is one of a committee of 13 members whose responsibility it will be to secure



State Advisor congratulates National Vice President of Southern Region, Vonna Viglione.

news articles for the national magazine. Pictures and news of what your chapter and county federations are doing that would be of interest to FHA'ers nationwide should be sent to Mrs. Tripp, who may later refer them to Sherry Baldwin.

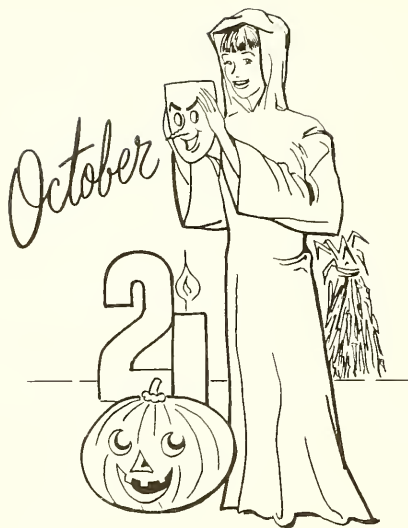
Mrs. Lyndon Johnson Welcomes Youth Attending National Youth Conference

Linda Kay Dowd, FHA'er from Union Pines Chapter, represented the North Carolina Association of Future Homemakers of America at the National Youth Conference on Natural Beauty and Conservation in Washington, D. C. She was one of more than 500 delegates representing the nation's leading youth organizations, with a total membership of over 20 million. Miss Linda Flowers, adviser of Hope Mills Chapter was an official chaperone.

Highlight of the conference was the opening ceremony on the White House lawn. Mrs. Lyndon B. Johnson addressed the group and was joined by President Johnson, who made a surprise appearance. The First Lady urged the youths to "dream impossible dreams" about conserving America's natural resources.

There was sight-seeing in the White House before delegates returned to conference headquarters for a series of workshops and other activities, which included visits to the National Arboretum with an address by Mrs. Orville L. Freeman, wife of the Secretary of Agriculture. During the three-day conference, the North Carolina delegates breakfasted with Senator B. Everett Jordan.

The conference was planned and executed by the youth organizations after such a meeting was suggested to Mrs. Johnson by the Girl Scouts of America.



- Present Program of Work and handbook at a chapter meeting for approval.
- Conduct formal initiation for new members. Invite parents, teachers, and friends, and interpret FHA activities. End with a get-acquainted social.
- Appoint a Projects Committee to plan programs related to State and National projects.
- Have all members fill out a questionnaire (hobbies, interests, talents, etc.) for use in appointments to chapter committees.
- Invite chapter parents to activities and make them feel a part of your chapter.
- Attend the district rally and get ideas to be used in chapter work.
- Set up files for devotions, skits, relaxers, and State and National materials.
- Affiliate with the State organization by sending dues promptly.
- File your Declaration of Intention and plan of work for earning a Junior, Chapter, or State Homemaker Degree.

Birthday Wish: Show enthusiasm, advisers and members. It's as contagious as a laugh!

s	m	t	w	t	f	s
		OCTOBER You were born under the sign LIBRA and YOU WERE BORN TO BE A QUEEN! You are well balanced, graceful, and have excellent taste. You are gifted and a lover of peace.				District I Rally Roanoke Rapids High School 1
2	3	4	5	6	7	District IV Rally Orange Sr. High Hillsborough 8
	Begin—the rest is easy					District I Rally Jacksonvil High Scho
9	10	11	12	13	14	15 District VIII Rally Lee Edwards High School Asheville
	State Fair Week		The gift of oneself is the greatest gift			
16	17	18	19	20	21	22 District III Rally Lumberton High School
N. C. Family Life Council Asheville						
23	24	25	26	27	28	District V & 29 VII Rally Greensboro Coliseum
One loving spirit sets another on fire.						
National Children's Week		Halloween				District VI Rally Kannapolis High School
30	31					

- FHA members honor school faculty during National Education Week.
- Set a date for final collection of membership dues and send to the State adviser by December 1. Check to be sure the affiliation form is filled in correctly and that the amount of the check is correct (75 cents per member).
- Plan Thanksgiving activities which will include the family. Help Mother with the holiday dinner.
- Support Veterans Day projects in your community. Relate these to "Citizenship Challenges You" project.
- Put on a recruiting campaign for new members—set a goal of at least 21 new FHA'ers in this 21st year.
- Members who are eligible to earn the State Home-maker Degree must send their Declarations of Intention and Plans of Work to the State Office by November 15.
- FHA members serve as hostesses at Open House during National Education Week.

Birthday Wish: *Dream on, FHA'ers—may your dreams become realities.*



s	m	t	w	t	f	s
		1	2	3	4	5
			Stumbling blocks are stepping stones.			
6	7	8	9	10	11	12
		Election Day	It's the last ounce of energy that counts.		Veterans Day	
13	14	15	16	17	18	19
		State Degree Declaration of Intention Deadline		Money can't buy friendship.		
20	21	22	23	24	25	26
Manners train your mind to be kind.				Thanksgiving Day		
27	28	29	30	NOVEMBER. You were born under the sign SCORPIO and you people are shining examples! You are self-controlled, courageous, ambitious and eloquent in speech. You are polite, courteous, practical and sensible.		



- Do something special for chapter parents.
- Plan a program to carry out the project "Good Family Relations Through Communications."
- Assume more responsibility at home during vacation, give Mom a rest.
- Brighten the birthdays and other special occasions of your family with a card or word of remembrance.
- Visit senior citizens' homes and offer to read to them or do other things they would like.
- Use a point system for participation and give an award to the Future Homemaker of the month.
- Plan programs so that all members will say, "I'll be glad to," when asked to help with a project.
- Encourage members to write articles interpreting worthwhile chapter or individual projects for use in the FUTURE HOMEMAKER or *Teen Times*. Send pictures of chapter activities to the State Office.
- Plan a chapter program which will interpret and encourage degree work.
- Get several families together and go caroling during the Yule season.

Birthday Wish: *May the holiday season help you to see the "gifts" that are with you all year—your family.*

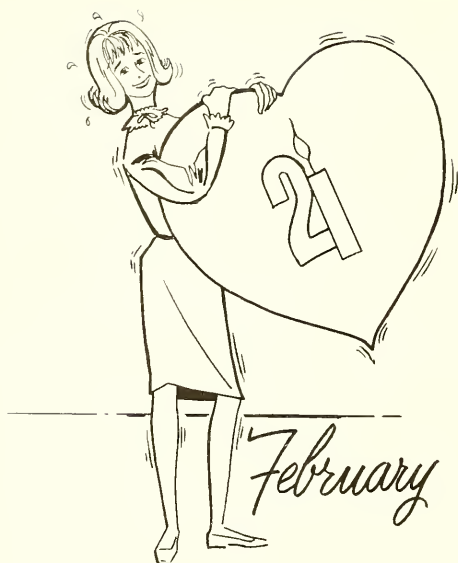
s	m	t	w	t	f	s
DECEMBER: You were born under the sign SAGITTARIUS and it is said that you are "The Hand That Rocks the Cradle—Rules the World." You are confident, honest, firm and quick. You are a good housekeeper and fond of children.				1 Affiliation Dues Deadline	2	3
4	5	6	7	8	9	10
Life is the loom on which we weave for eternity.						
11	12	13	14	15	16	17
Worry is the least productive and the most expensive activity of man.						
18	19	20	21	22 First Day of Winter	23	24
25 Christmas Day	26	27	28	29	30	31
I will be critical of myself before I look for my brothers' faults.						

- Have chapter make a list of New Year's resolutions. This is a good time to review Program of Work.
- Check progress toward Degrees of Achievement.
- During the snows, create a baby-sitting club. Relate this to "Citizenship Challenges You" or "Leisure Time—Constructive Time."
- Keep records of leisure time activities and evaluate.
- Start the New Year off with a smile and have a Happy Birthday!
- Evaluate chapter activities related to the three North Carolina projects.
- Instigate programs to become aware of *Juvenile Delinquency*. Present ideas to deplete the problems.
- Encourage members to *THINK*—be dreamers, inventors, and creators as the new year is begun.
- Publicize FHA projects (newspaper, displays in store windows, bulletin boards, school paper, talks given to local civic groups).
- FHA chapter members are loaded with talent and ideas—use them!

Birthday Wish: *Make your FHA come alive.*



s	m	t	w	t	f	s
1	2	3	4	5	6	7
New Year's Day		There is no surprise more magical than the surprise of being loved. It is God's finger on man's shoulder.				
8	9	10	11	12	13	14
Humor is an affirmation of dignity, a declaration of man's superiority to all that befalls him.						
15	16	17	18	19	20	21
The best way to multiply happiness is to divide it.						
22	23	24	25	26	27	28
To belittle is to be little.			It is in spending oneself that one becomes rich.			
29	30	31				
JANUARY You were born under the sign of CAPRICORN. Some of you are well fitted to today's world. You are very successful. Most of you would do well in politics.						



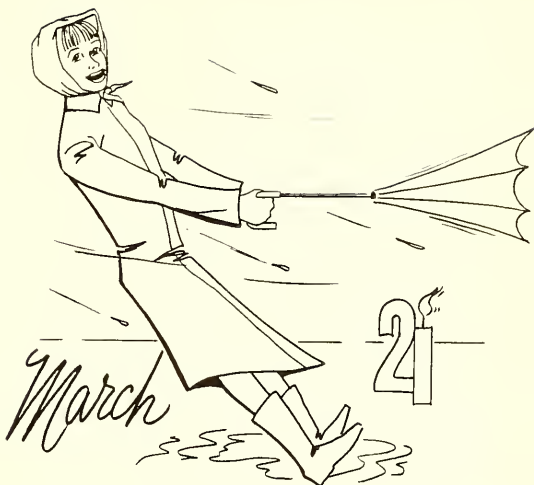
- Plan programs to emphasize attractive dress. "When you look sharp, you feel sharp."
- Discover hidden talents that may be put to use in activities by chapter members, having them jot down things they like to do best in leisure time.
- Incorporate interesting hobbies into a club program through displays and discussions.
- Invite a panel of senior citizens to discuss the value of developing constructive leisure time activities.
- Assist an underprivileged child by making or repairing articles of clothing, toys, and books for special occasions.
- Organize children groups to help them develop skill in a hobby.
- Reporter send newsworthy articles and pictures to State adviser.
- Plan a Sweetheart Dance for Valentine's Day.
- Have a panel of civic leaders to discuss "Citizenship Challenges You!" Invite teachers, principals, and superintendents to discuss "FHA Citizenship Activities."
- Sponsor planned activities for senior citizens.

Birthday Wish: *Come along, FHA'ers! Be my Valentine.*

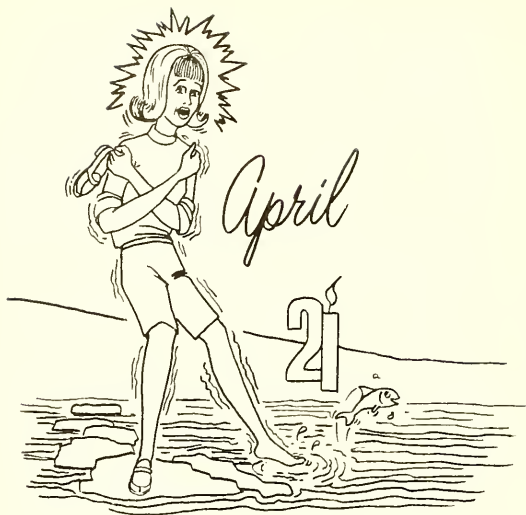
s	m	t	w	t	f	s
			1	2	3	4
			Keep your face to the sunshine and you cannot see the shadows			
5	6	7	8	9	10	11
Help push a fellow up the hill, and you'll find yourself nearer the top.						
12	13	14	15	16	17	18
Lincoln's Birthday		Valentine's Day	Act well your part, for there the honor lies.			
19	20	21	22	23	24	25
			Washington's Birthday		State Youthpower Conference, Sir Walter Hotel, Raleigh	
26	27	28				
FEBRUARY: You were born under the sign of AQUARIUS. You are restless and indolent and are very fond of aquatic sports; therefore, you would be a good mermaid.						

- Try special activities that show you to be creative, expressive, and appreciative while using leisure time constructively.
- Make plans for celebrating National FHA Week.
- A committee outline special activities to celebrate National FHA Week. Include a special activity for each day.
- Plan a display for a school exhibit case or downtown store window.
- Write a news article about FHA activities for your local newspaper, school paper, State and National FHA Offices.
- Check on State Degree candidates to be sure reports are mailed to the *area supervisor* before March 8.
- Be creative in making preparations for the State Meeting—a birthday celebration at the Dorton Arena.
- Invite a community leader to give an illustrated talk on "Leisure Time Can Be Constructive Time."
- Work up a good presentation on FHA—suggest to civic clubs that your chapter would like to put on a program for one of their meetings.

Birthday Wish: *May each of you experience HAPPINESS during the Twenty-First Birthday year.*



s	m	t	w	t	f	s
			1	2	3	4
MARCH: You were born under PISCES. You should all become interior decorators or forest rangers because you are fond of beauty in nature and art. You are honest, trustworthy, and pure of mind.						
5	6	7	8	9	10	11
Pretty is as pretty does.						
12	13	14	15	16	17	18
Procrastination is the thief of time and opportunity					St. Patrick's Day	
19	20	21	22	23	24	25
Palm Sunday	First Day of Spring				Good Friday	
26	27	28	29	30	31	
Easter Sunday	There is so much good in the worst of us, and so much bad in the best of us that it ill becomes any of us to find fault with the rest of us.					



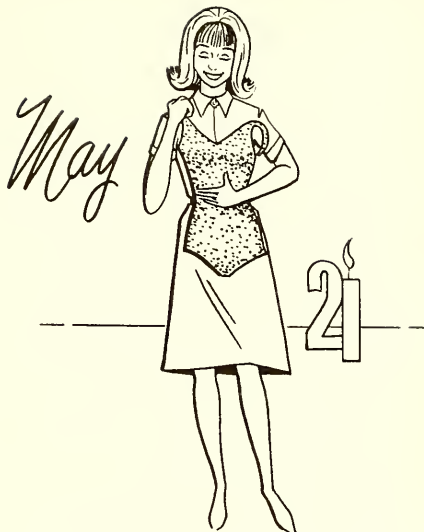
- Keep the public informed during FHA Week. Carry out organized plans.
- Complete plans for spring parents' banquet.
- Plan a chapter meeting following the State Convention "Birthday Party" to interpret to all members.
- Have a chapter program on "Beautification." Play it up and follow with a community beautification project.
- Ask the mayor to issue a proclamation for National FHA Week. Publicize it in newspapers, on radio, and on television.
- Make FHA Week "Volunteer Week" in your community. Make it an important and memorable week.
- Use ingenuity, imagination, and originality for National FHA Week activities.
- Plan a chapter project to "make America clean, green, and beautiful."

Birthday Wish: *May each of you have Friendship and Happiness Always.*

s	m	t	w	t	f	s
						1
	APRIL: You were born under ARIES. Your potential is mobilized on Thursdays, your lucky day. On this day you use your energy, push and executive ability—building oracles.					
2	3	4	5	6	7	8
National FHA Week			You never know what you can do until you try.			State Convention Raleigh
9	10	11	12	13	14	15
Nobody who is somebody looks down on anybody					Beta Club Convention Asheville	
16	17	18	19	20	21	22
National Library Week						
23	24	25	26	27	28	29
30						

- Evaluate the work accomplished in the 1966-67 FHA year and begin plans for next year.
- Check goals for the 1966-67 year to determine progress.
- Review duties and qualifications for 1967-68 chapter officers.
- Elect officers for 1967-68.
- Plan a workshop for old and new officers to acquaint the new officers with their responsibilities. Install new officers.
- Send annual report to State Office by *June 1* (keep one copy for chapter file).
- Plan an Executive Council Meeting during the summer for pre-planning next year's goals and objectives.
- Send a delegate to the National Meeting in Los Angeles, California, July 10-13, 1967.
- Plan a school beautification project.
- Have a special birthday picnic to climax FHA's twenty-first year.
- Organize interest groups for leisure time activities.
- Make FHA's 21st Birthday Year a year to be remembered!

Birthday Wish: May this calendar serve as a guide for implementing your chapter programs.



s	m	t	w	t	f	s
	1	2	3	4	5	6
			A friend in need is a friend indeed.			
7	8	9	10	11	12	13
	A stitch in time saves nine.					
14	15	16	17	18	19	20
Mother's Day		Once a task is begun, never leave it till it's done.				
21	22	23	24	25	26	27
28	29	30	31			
		Memorial Day	Last day for mailing FHA Annual Report	MAY: Your sign is TAURUS. On Mondays, you would make an excellent lion trainer, because you are kind, gentle, strong of mind and body, and completely fearless.		

STATE PROGRAM OF WORK

"Twenty-One Years—Foundation for Progress"

The North Carolina Program of Work for 1966-67, as adopted by the Executive Council, is overflowing with opportunities for interesting chapter activities. The officers prepared it as a guide to assist in planning and developing your chapter program of work. Included are suggestions for chapter programs and experiences for members who are selecting projects toward earning a degree of achievement.

Three projects from the two objectives of the 1965-69 National Program of Work were selected for State emphasis in 1966-67.

OBJECTIVE: *To help each family member recognize his abilities and strive for their full development.*

PROJECT: *Good Family Relations Through Communications*

- To promote understanding among family members through awareness of and appreciation for their individual interests, activities, and problems.

According to the FHA creed, "The homes of tomorrow will be in the hands of the youth of today." With this creed in mind, we see further opportunity through chapter programs to discuss our present and future roles as effective family members. We may plan discussions and skits to help us to evaluate what we think is really important in making family members happy and eager to work together in attaining common goals. Surveys may be made of what chapter members say their family does together, what some common problems are and how some have been solved, what the member believes is her role in the family, and changes she would want to make in family life when she has a family of her own.

SUGGESTED CHAPTER EXPERIENCES

- Present a panel discussion with parents and members discussing the topic "Communications Between Teens and Parents."
- Conduct surveys on:
 - How much time do members spend with their families?
 - When do members spend most of their time at home?
 - Whom do members talk to most in their families—mother, father, brothers, sisters?
 - Are you aware of other family members' interests and concerns?

- Select a committee to prepare bulletin boards in the school on topics concerning family communications, such as:

Remember birthdays, anniversaries, and special occasions in your family.

Help younger brothers and sisters with homework.

How can YOU improve as a family member?

- Present a skit featuring two families—one whose members work well together and one whose members are unable to communicate effectively with each other. Sponsor a "Family Fun Week" in which members plan activities with families.

- Invite FFA members to discuss ways their family members communicate with each other.

- Present a chapter program which will depict ways FFA'ers communicate with their parents.

- Divide the group into buzz sessions and ask the members to discuss some personal characteristics they would like to change to become better family members, such as:

1. Doing duties without being prodded.
2. Thanking parents for their thoughtfulness.
3. Scheduling more time to be with the family.
4. Becoming interested in hobbies or clubs in which the parents participate.

- Encourage each girl to take an inventory of herself as a family member and then set up an improvement plan.

- Present a skit on "The Golden Rule" and tell how this may apply in the home among family members. Give a plan for meeting goals for successful family communications.

- Have a panel of grandparents, parents, and teenagers to discuss how and why family living has changed through the years.

- Encourage chapter members to put aside one night in the week to be with their family. Include ideas for recreation with the family.

- Encourage girls to get family members to attend

church together because "the family that prays together stays together."

- Invite a minister to speak on "Good Family Relations Through Communications."

- Plan chapter activities to honor parents and grandparents such as:

Daddy-Date Night

Mother-Daughter Banquet

Secret Grandparents

Senior Citizens' Tea

- Encourage family devotions in the home.

- Have a discussion on causes of broken homes.

- Organize a committee to visit an elderly person who does not have a family.

- Encourage chapter members to become interested in children's literature, music, games, and hobbies. Plan reports of how members have worked with children.

- Inspire members who have older brothers and sisters in college or away from home to write to them.

- Present a skit dealing with one of these problems:

But Mother, Everybody's Doing It!

Why Can't I Use the Car Today?

Curfew—Problem or Privilege?

Those Kids You Live With!

- Present a skit showing a family ruled by only one member and a family which makes its rules through family discussions. Discuss the advantages and disadvantages of each situation.

- Ask chapter members to compile a survey form to use in recording how they rate themselves as family members. Obtain information periodically to determine growth.

- Entertain parents at a Family Fun Night or brothers and sisters at Kids' Night. Plan the program so as to include talented family members.

OBJECTIVE: *To participate actively in projects for family, community, and world improvement.*

PROJECT: *Citizenship Challenges You*

- To encourage Americans to recognize and fulfill their responsibilities as citizens.

In order to become a good citizen, it is necessary to have a basic understanding of government and world events. As citizens and future leaders, future

Homemakers should begin now to realize their responsibilities and to participate in citizenship projects. Citizenship is a challenge; but there are many projects, both individual and chapter, through which you may become a better citizen.

Suggested Chapter Experiences

- Present a program on citizenship to keynote the coming year at the initiation ceremony for new members and parents.

- Write to a serviceman; he will welcome news from home.

- Promote the idea "Keep America Beautiful." School beautification projects may be selected by the chapter.

- Practice democratic principles and good citizenship at home.

- Assist with community drives.

- Be an informed citizen by listening to news and reading newspapers and magazines.

- Participate in school activities and vote in all student elections and those of organizations to which you belong.

- Be a doer, not a watcher.

- Send books, canned foods, or cookies to servicemen or children in Viet Nam.

- Solicit ideas for a service project at an orphanage or children's hospital.

- Give food and clothing to a needy family at Thanksgiving, Christmas, Easter, etc.

- Prepare favors for trays at hospitals.

- Prepare bulletin boards on citizenship. Arrange displays for windows downtown stressing citizenship responsibilities and privileges.

- Invite a civic leader in the community to speak to the chapter on the responsibilities that go along with being a citizen.

- Have a chapter program explaining the basic principles of our government.

- Conduct a survey to find out how many students know about current government and world happenings. Have an assembly program to present the results and encourage students to learn more about government and keep up with world news.

- Encourage pen pals. Plan a chapter meeting to tell how to get the name of a pen pal and give guidelines for writing interesting letters.

- Make a study on how the chapter can be of more service to the underprivileged citizens in the community.
- Explore opportunities for volunteer work in rest homes or hospitals.
- Present an assembly program on "Team Up With Democracy," in which the relationship of the goals of the Future Homemakers of America and democratic ideals will be emphasized.

OBJECTIVE: *To participate actively in projects for family, community, and world improvement.*

PROJECT: *Leisure Time—Constructive Time.*

- To encourage individuals to spend their leisure time participating in activities which are beneficial to themselves and others.

Leisure time is constructive time when we plan to do things that enrich our lives and bring happiness to people around us. Leisure time may be carefully planned so that we can explore those interests that are not demanded in the day's routine. Appreciating the beauty of nature, reading a book, preparing a tantalizing dish, learning the latest dance, or reflecting on what I want to do after high school may all become a part of our leisure time activities.

Through well-planned chapter programs and individual projects, we may decide on some activities we want to do and get some clues as to how we can manage leisure time to the best advantage.

Suggested Chapter Experiences

- Sponsor an art and crafts show for high school students.
- Plan a chapter program on "Using My Time Wisely" and conduct a survey to find out how chapter members use leisure time.
- Volunteer to assist in community programs for children—for example: recreation programs, library reading circles, and tutoring in difficult subjects.
- Organize groups with similar leisure time activities, such as reading, sewing, cooking, painting, knitting, and plan for sharing of ideas and companionship.
- Entertain younger family members on picnics, at swimming parties, parks, ball games.
- Devote some leisure time to volunteer work in the community: as candy strippers, recreation leaders, reading to senior citizens, etc.
- Begin a "Toys for Tots" campaign. Collect used toys, paint and repair them for distribution to needy children at Christmas.
- Invite a community leader to give an illustrated talk on ways to make leisure time constructive time.
- For initiation ask new members to show their personal projects that depict a skill for useful leisure time activity.
- Make bulletin board displays illustrating ways FHA'ers use leisure time.
- In the neighborhood begin a Primary Club for children, teaching them new skills and helping them learn ways of using their leisure time.
- Invite a panel of senior citizens to discuss the value of developing constructive leisure time activities.
- Make a survey of people to study personalities.
- Plan dances and follow through.
- Remember a friend on holidays and special occasions by making a small gift.
- Sponsor a Sadie Hawkins Day and conclude with a Sadie Hawkins Dance.
- Present a program to the student body on how leisure time may become constructive time.
- Encourage your family to select a group project for leisure hours.
- Invite a housewife, a business woman, a nurse, and a secretary to a meeting to relate how they use leisure time.
- Talk to college students and see how they face the "grind of college" and still include leisure time activities.
- Make a list of guides for using your time wisely.
- Select one new project or craft to broaden your interests and develop a new skill.
- Start a book club in the chapter to encourage reading.
- Show films on leisure time at chapter meetings.
- Invite the guidance counselor to discuss good study habits.
- Set up interest groups and invite non-FHA members to join and share leisure time activities.

LOCAL CHAPTER HISTORY

Have you worked on your local chapter history? How long has the chapter been affiliated? Do you know who your officers were fifteen or twenty years ago? Do you have records of all advisers? Do you know who your honorary members are and why they were chosen?



National Convention Birthday Party

St. Louis, Missouri

July 12 was the beginning of a memorable experience for 51 enthusiastic FHA advisers, officers, and delegates. They were attending the National Meeting of Future Homemakers of America in St. Louis, Missouri, along with the 1,100 delegates representing a membership of over 600,000 high school students studying home economics.

The St. Louis Meeting launched the twenty-first birthday celebration of Future Homemakers of America. Dr. Wayne O. Reed, Associate Commissioner of Federal-State Relations, U. S. Office of Education, made the keynote address at the opening session and spoke on the conference theme, "Twenty-One Years—Foundation for Progress."

The historical pageant, "The Past is to Build On," presented by FHA members, was a real inspiration. The pageant ended with a representative of the Home Economics Clubs lighting the Betty Lamp, the symbol of the American Home Economics Association.

At one of the sessions, the delegates took a "Sentimental Journey" as they reviewed the fashions of the past, news and fads of the present, and the wildest expectations for the future.

Mr. Lawrence Taylor was the featured speaker who helped girls realize that opportunity comes only to those ready to accept it. He conducted a workshop in which FHA'ers broke into groups to discuss ways of improving local chapter activities. Some of the main ideas, presented in a summary, were (1) publicize your club, (2) emphasize degree work, (3) get support of parents and school administration by inviting them to meetings, and (4) publicize monthly themes and projects.

Miss Dorothy Emerson presented excellent ideas for chapter use. She suggested that members (1) rate themselves on points of honesty and participation; (2) always say, "I'll be glad to;" (3) encourage good manners through skits; (4) not be too big for small jobs; and (5) be appreciative. Following her "Challenge

for the Future," 1,100 Future Homemakers met in 20 groups to discuss approaches for applying ideas in local chapters.

Delegates spent Friday afternoon sight-seeing in St. Louis. A ride on the Mississippi in the boat "Huck Finn" was a treat for all. The French heritage was recreated in the outdoor municipal theatre, as delegates enjoyed "Can-Can," starring Jane Morgan.

Perhaps the highlight of the meeting was the birthday banquet, when the Rev. James H. Robinson spoke on "Opportunities Unlimited." North Carolina delegates beamed with pride as Vonna Viglione was installed as Vice-President of the Southern Region and Phyllis Suggs as a National Board Member. Those attending were:

DELEGATES TO NATIONAL FHA CONVENTION

Mrs. Lucia Long, Jamesville; Harriet Morrow, Washington; Betty Fore, Oriental; Augusta Phillips, Washington; Belinda Perry, Chowan; Jane Cherry, West Edgemore; Mrs. Virginia Catalon, Jacksonville; Sarah Eakins, Atkinson; Glenda Trott, White Oak; Teresa Yelverton, Lee Woodard; Nancy Rouse, Lucama; Judy Pope, Charles B. Aycock; Barbara Hinnant, Rock Ridge High; Betty Cobb, Saratoga Central; Patty Boyette, Lee Woodard High; Kathryn Bottoms, Elm City; Miss Linda Flowers, Hope Mills; Virginia Autry, Stedman; Nancy Blake, Southern Pines; Kathryn Bowen, Union High; Gretta Horne, Stedman; Paula Huggins, Stedman; Beth McEwen, Hamlet; Judy Lindsay, Hobpton; Vonna Viglione, Seventy-First; Phyllis Suggs, E. E. Smith; Miss Clementine Holden, E. E. Smith; Miss Cleo Cotas, Northern Durham; Dorothea Jones, J. F. Webb; Judy Batten, North Johnston; Barbara Myrick, Clayton; Judy Wilson, Bailey; Johnnie Lamm, Coopers; Patricia Little, Coopers; Miss Linda Pinkham, Asheboro; Marie Kernodle, Western Alamance; Diana Burke, Asheboro Senior High; Miss Frances Ryan, Garinger; Toni Thompson, West Stanly; Evelyn Starnes, Garinger; Carolyn Treece, West Stanly; Mrs. Shelby Nichols, Davie County; Beth Kirk, South Rowan; Janet Ridge, Davie County; Mrs. Claire Rector, North Buncombe; Priscilla Hurte, West Henderson; Sherry Baldwin, West Henderson; Karen Sluder, North Buncombe; Sally Morrison, Lee H. Edwards; Brenda Walker, Rutherfordton-Spindale; Mrs. Hazel G. Tripp, State Adviser.

"Good Will Toward Men"

TEN COMMANDMENTS OF HUMAN RELATIONS

There used to be three R's in education: readin', 'ritin' and 'rithmetic—now there is a fourth R—relations—HUMAN RELATIONS. As a simple guide in human relations, I have written the ten commandments listed below.

CARL S. WINTERS

- I Thou shalt love people, not just use them.**
The greatest thing in the world is a person.
The greatest thing about a person is his motive, and the greatest motive is love.
- II Thou shalt develop by understanding.**
"If every man's care were written on his brow.
How many would our pity share, who bear our envy now."
- III Thou shalt compliment more than criticize.**
You had better cover your neighbor's fault with a cloak of charity.
You may need a circus tent to cover your own.
- IV Thou shalt not get angry.**
If you are right, you don't need to.
If you are wrong, you can't afford to.
- V Thou shalt not argue.**
It's no use to win the argument and lose the people.
Beware of the attitude which says:
"In matters controversial, my attitude is fine.
I always see two points of view
The one that's wrong, and mine."
- VI Thou shalt be kind.**
You had better be kind to people you meet on the way up.
They are the same ones you meet on the way down.
It's nice to be important, but it's important to be nice.
- VII Thou shalt have a sense of humor.**
A sense of humor is to a man what springs are to a wagon.
It saves him a lot of jolts.
- VIII Thou shalt smile.**
No man is ever fully dressed until he has a smile on his face.
"Powder your face with sunshine,
Put on a great big smile.
Make up your eyes with laughter,
Folks will be laughing with you in a little while.
Whistle a tune of gladness
Gloom never was worth while.
The future's brighter when hearts are lighter,
So smile, smile, smile."
- IX Thou shalt practice what thou preachest.**
One example is worth one thousand arguments.
- X Thou shalt go to school to the Headmaster of the Universe, the Master of men, the Secretary of Human Relations—namely, Jesus Christ. He is the greatest leader of men the world has ever known.**

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404 N. East Avenue, Oak Park, Ill.

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Counselor—404 N. East Avenue, Oak Park, Illinois—speaker at the
North Carolina Future Homemakers Convention, April 23, 1965.





VOLUME XV

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NUMBER 2

FUTURE HOMEMAKERS

★ North Carolina Association ★

North Carolinians Celebrate National FHA Week, April 2-8

From Your State Adviser

This is indeed a year of celebration, for we will be 21 years old! It is a year to look back at our accomplishments, one of which is our growth from 5,443 in 1945 to 31,880 in 1966. We are proud of the membership in the North Carolina Association.

As we anticipate another year with FHA, we are challenged with our three state projects: "Good Family Relations Through Communications," "Citizenship Challenges You," and "Leisure Time—Constructive Time."

Enthusiasm is contagious, and yours for FHA may make a girl decide whether or not to become a member. FHA can truly be rewarding, if YOU make it so. Ask yourself what your chapter would be like if every member were just like you. I challenge you to be informed, creative, courteous, tolerant, and the best example of a lovely girl. YOU may be the only book someone reads. Make it worthwhile.

There is one thing that we all have in common—the meaning FHA holds for us. Every member has a special contribution to make. Please be known as a "doer" in FHA, rather than a "sitter." As FHA'ers we must never say, "I can't do it." Always live by the philosophy that the more you put into your chapter, the more you will get out of it. FHA needs you! Show others we are helpful FHA'ers. Acquaint them with our organization so that when they hear of FHA, they will immediately think of North Carolina Future Homemakers of America.

Every chapter member likes to see her chapter's name in print, yet few chapters are faithful in reporting material for the North Carolina Future Homemakers magazine. I challenge you to urge your chapter reporter to write articles and take pictures. Don't stop at that! Send them to the State Adviser.

May this twenty-first year for the North Carolina

Association of Future Homemakers of America be a memorable one for each of you.

Hazel Tripp

PEEPING IN ON OUR STATE CONVENTION

Each FHA member will be in the public eye at the Twenty-First State Meeting April 8, 1967, at Dorton Arena Fair Grounds, Raleigh, N. C. To make this a gala occasion, it will take many ideas and helping hands of Future Homemakers in every district. We hope that when you get a letter asking you to assist with any phase of the program, you will see it as an opportunity to display some of the many talents vested in your chapter. Look to your FHA bulletin board for the latest news about what the program for the State Meeting will be and how you may become a delegate from your chapter to the biggest birthday celebration of North Carolina FHA.

In Memoriam

Dr. Irwin V. Sperry, 51, professor in the School of Home Economics at the University of North Carolina at Greensboro, died November 5. Dr. Sperry was recognized primarily for his work in child and family development. He was widely known for his work in guidance counseling and educational psychology. His keen interest in the Future Homemakers of America was felt by all as he spoke at many district rallies, chapter meetings, and Mother-Daughter banquets. The loss of our beloved honorary member will be deeply felt by FHA'ers and advisers throughout the State.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS

1966-67

President—Beth Kirk, VII
Vice-President—Toni Thompson, VI
Secretary—Marie Kernodle, V
Treasurer—Dorothea Jones, IV
Reporter—Virginia Autry, III
Parliamentarian—Sarah Eakins, II
Historian—Harriet Morrow, I
Recreation Leader—Janice Nelson, VIII

DISTRICT ADVISERS

1966-67

Mrs. Shelby Nichols—Davie County, VII
Miss Frances Ryan—Garinger, VI
Miss Linda Pinkham—Asheboro Sr., V
Miss Cleo Cotas—Northern Durham, IV
Miss Linda Flowers—Hope Mills, III
Mrs. Virginia Catalon—Jacksonville, II
Mrs. Lucia Long—Jamesville, I
Mrs. Claire Rector—North Buncombe, VIII

State Adviser

Mrs. Hazel G. Tripp
Membership 31,880

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina 27602

California... ...here we come!

NATIONAL CONVENTION
Biltmore Hotel in
Los Angeles, California,
July 10-13, 1967

Theme: FHA — Opportunities Unlimited

Objective: To interpret the individual, chapter, and national role of Future Homemakers of America as a basis of preparation for purposeful lives in this changing society.

Is your chapter sending a delegate to the National FHA Meeting in Los Angeles, July 10-13? The delegate must be an active FHA member. She should be capable of making a contribution to the Convention program and be able to "bring the Convention home" to strengthen the local program as well as county, district, and State programs.

Applications from those who plan to attend will be accepted on the basis of the date the application is received in the State Office, the number of applicants from a district, and the qualifications of the applicant.



Going to National Convention brings smiles of happiness as shown by Priscilla Hurte, West Henderson Chapter; Sherry Baldwin, West Henderson Chapter; Karen Sluder, North Buncombe Chapter; and Sally Morrison, Lee Edwards Chapter. This picture was taken as the girls were preparing to go to the National Meeting at St. Louis. Will you be among the FHA girls preparing to go to Los Angeles July 10-13?

Her attitude, interest, and enthusiasm in the home economics program are important factors. A senior graduating in 1967 would have little opportunity to apply her learning and

experiences at the Convention in her local chapter and the state program next year. The *estimate* of the anticipated Convention expenses is \$375.00.

Publicity Ideas Galore

21st Birthday

Have you planned a very special FHA birthday commemoration in your school and community? If you are beginning to plan what you are going to do during National FHA Week—April 2-8, 1967—it may be that you could use some of the following ideas for chapter activities.

- Know some of the historical facts about FHA! It was chartered in 1945 as a national organization for home economics students to pursue some of their interests beyond the classroom in improving personal and family living. The home economics teacher was designated the official adviser to help youth explore

some of their talents, to learn new skills, and to cultivate an interest in developing leadership ability.

- Keep your school and community advised of special activities of your chapter of Future Homemakers of America. For example, National FHA Week is an excellent time to have your chapter president call on the mayor or superintendent and present him with an FHA rose.

- Plan a special meeting or activity for your chapter. Invite community representatives—mayor, church leaders, club leaders, school officials, newspaper editors, radio and television managers or program directors—and tell them what FHA is and what it means to a girl to be a member.

- Select a good public relations representative in your chapter. Have her interview an editor or the manager of a radio or TV station (call first and make an appointment) and tell him about FHA's 21st birthday year. She should ask him for suggestions as to the type of stories or material he can and will use.

- Plan a special Natural Beauty and Conservation project. Take the lead and get all the other youth organizations in your community to join in. Cooperation with adult groups is also recommended.
- Arrange with local merchants to put an FHA 21st birthday display in store windows.

- Get you local school paper to do a

(Continued on page 7)



North Carolina welcomes four honorary members—Mr. A. G. Bullard, State Director of Vocational Education; Mrs. Peggy Mann, hostess of a television program for women on WTVD in Durham; Mrs. Virginia Miller, former Home Economics teacher; and Mr. E. S. Simpson, Superintendent of Johnston County Schools.

Future Homemakers Respond to State Projects

I. LEISURE TIME—CONSTRUCTIVE TIME

Homemaker Uses Leisure Time

Southern High School in Alamance County presented to Mrs. Robert Scott a charm symbolizing the Twenty-First Anniversary of the Future Homemakers of America when they made her an honorary member. Honorary membership is awarded to those who have helped to advance the homemaking program or who have rendered outstanding service to the organization.

A resumé of Mrs. Scott's services to the community and State includes teaching Sunday School in the Hawfields Church, speaking to ladies organizations throughout the State on community affairs, and participating in the Parent-Teacher Association of Alexander Wilson School. She is an active member of the Alamance County Home Economics Clubs, in addition to being the mother of five children and the wife of the Lieutenant Governor.

Mrs. Scott spoke to the group on the rewards of being a homemaker. She cited the role of the young homemaker in helping her husband perform the services related to his career, as well as maintaining a home for her family.

Meadow FHA President is a State Winner in Wool Contest

Theresa Godwin, president of the Meadow Chapter of the Future Homemakers of America and a member of the Home Economics III class at Meadow High School near Benson was recently declared a state winner in the Suits division of the "Sew-It-Yourself-With-Wool" contest.

Asked why she entered, Theresa replied: "I am intrigued with contests; and, of course, I love to have new clothes." She made a loosely fitting red and beige houndstooth pea jacket and A-line skirt, both fully lined. A matching red blouse and hat were also made; and these, along with reddish-brown bag



and shoes and beige gloves, completed her outfit. Theresa's suit was made as a home experience project with her home economics teacher, Mrs. Pauline S. Johnson, guiding each step in the construction.

Theresa is the oldest in a family of nine children, seven of whom are girls! Her parents are Mr. and Mrs. E. E. Godwin, Jr.

During her high school days, Theresa has been a very active FHA'er. She has served on many committees and has been Reporter, Secretary, and is now serving as President of the Meadow Chapter. She plans to study home economics when she enters Sacred Heart College near Charlotte next year.



Melver's FHA Makes Chowchow

The Melver Future Homemakers of America members gathered the surplus green tomatoes and some other vegetables in the community and conserved approximately 50 quarts of chowchow for the senior citizens.

The jars were dressed in nightcaps made of white doilies and red ribbons and presented to the senior citizens as a token of appreciation.

Each year the girls try in some way to show their appreciation to some person or group that has helped them to carry out a successful program. They also presented 11 faculty members the same token of appreciation.

Leisure Time for Food Preparation

The girls at Graham High School have been putting their cooking skill into practice. The Graham football team was served breakfast by FHA'ers each morning for two weeks. Arriving at the high school before 7:30, the girls began stirring up grits, cooking mountains of bacon and toast, and scrambling dozens of eggs. By 8:30 everything was ready; and the boys, hungry from sleeping on the gym floor and early morning practice, piled into the kitchen for their breakfast. Cleaning the mountain of pots and pans afterward was a chore.

Fike FHA Gives Program for Club

The Future Homemakers of Fike Senior High School presented a program for the Golden Age Club. Lynn Batts, majorette at Fike, Flora Stancil, club songleader, and Beth Sullivan performed for the group.



Assisting in the program, presented in observance of Senior Citizens Week, were Patty Bowers, president; Kay Horne, Pat Renfrow, Vicki Tillis, Miss Batts, Miss Stancil, Miss Sullivan, Jo Ann Lucas, Brenda Speight, Jean Cunningham, Dianne Poole, and Kay Poole.

The group also presented fruit and magazines to the club members.

What You Can Make with Your Minutes

Dorothea Jones, State Treasurer

Peanuts, popcorn, candy apples, cotton candy, music, thrilling rides, and fun houses were all a part of the N. C. State Fair held October 10-15. But before many excited FHA girls from



State Fair booth by the J. F. Webb Chapter

the J. F. Webb Chapter in Oxford ate these goodies and rode on those wild rides, they headed straight toward the Dorton Arena. It was there that they were able to gaze proudly upon their original exhibit, "What You Can Make with Your Minutes," and the accompanying blue ribbon. Dealing with one of the State projects, "Leisure Time—Constructive Time," this exhibit displayed articles in various areas of home economics made by FHA girls in their spare time.

To carry out the theme, a huge grandfather clock was used. This clock was made solely from cardboard boxes and was placed in the foreground of the exhibit. Because the exhibit booth was divided into three separate levels, two or three groups of articles of housing, clothing, child care, home nursing, or foods were placed on each level.

On the top level there was placed the housing and clothing areas of home economics. The refinished chair and the still life painting were done by FHA girls and represented the housing area. To make this appear to be a real home scene, a knitting box was placed beside the chair, and a partly knitted sweater was put in the seat of the rocking chair. For the clothing part of the exhibit, a dress mannequin draped in blue material and beautiful blue outfit were used. The mannequin was covered with the blue material draped to look like a dress with a tape measure for the belt. The accessories for this dress were a bright red pin (a pin cushion) and a necklace (a pair of scissors on a thread). Beside this eye-catching outfit, there was a suit and a hat made by an FHA'er.

The middle level consisted of three groups of articles made with the FHA girls' minutes. First of all, there was a "summer theater" that could be used to entertain children on a rainy day or children who were sick. With this theater there were four life-like puppets. In the center on this middle level were foods including a cake, fudge, canned vegetables, and pickles. Home nursing was next represented on the right. Here a miniature nurse stood between a homemade back rest and a bed table.

The child care area of home economics was placed on the bottom level of the exhibit. In this area were children's clothes and shoes which were made by the girls. Also on this level there was a woven rug.

The J. F. Webb FHA girls wanted to impress others as to what FHA'ers could do with their minutes, but they also wished to inspire those people to make wise use of their time and resources by making things themselves.

Family Fun Night

Family Fun Night was co-sponsored by the Unity FHA and FFA chapters. The FHA'ers and FFA'ers invited members of their families for a social get-together.

This was a very informal affair designed for new FHA'ers to become better acquainted and to help teachers to get to know the parents. The parents enjoyed the fellowship of "one big family."

At Fun Night talents were found when a short program was

presented for entertainment. Games and music were enjoyed by all.

The theme was on Thanksgiving, and refreshments were served buffet style to the group. Over 300 people attended this night of fun.

II. CITIZENSHIP CHALLENGES YOU

Project in Vietnam

By Virginia Lee Autry, State Reporter

Citizenship challenges you! Have you ever thought of what your citizenship means to you? Do you take time to think of the many ways you should be thankful that you are a citizen in these *free* United States? Most of all, do you make good use of your opportunities as a citizen and try to better yourself by doing things for our soldiers who are fighting overseas that our country, and other countries, may be free?

One of the most interesting projects that you could have in your chapter would be to organize a Vietnam project. The Stedman Chapter (Cumberland County) has a Vietnam Day each month. On this day the FHA girls bring cookies, magazines, and paperback books to school. After school, a group of girls wrap the articles for mailing and send them to the home economics teacher's husband, who is stationed in Vietnam. He distributes these items to the men with whom he works.

The December Vietnam Day was a very special one. FHA'ers sent Christmas cards, as well as the regular boxes of cookies and books. They sent a box of children's clothes to Vietnam for the native children. The girls say that it gives them pride to know that they are not only being good citizens of their own country, but are also helping the less fortunate of another country.

If you try such a project as this in your chapter, it will be a great success—and do try one. Citizenship does challenge you! Will you respond to this challenge?

FHA'ers Practice School Citizenship

The Carteret County guidance counselor, Miss Gertrude Styron, asked the Queen Street FHA chapter members if they would be interested in covering a sofa and chair for the guidance room. The members accepted the challenge to help Mrs. Geraldine Beveridge, adviser, in demonstrating slip covers in each home economics class. By helping Mrs. Beveridge, the girls learned to cut, cover, and insert cording in the slip cover seams.

The FHA members feel that they helped themselves and all of the home economics students when they accepted the challenge of the objectives in the FHA Program of Work for 1966-67. They realized that this slip covering project for the school would help them to be better family members, fulfill their responsibilities to the school and participate in school



Pictured left to right are: Artist Stone, Climmie Morris, Catharine Oden (seated) and Mrs. Geraldine Beveridge.

projects, and spend their leisure time participating in citizenship activities. They have made a step toward their goal for the year, "To Help Individuals Improve Personal, Family, and Community Living."

Citizenship Begins With Families

The setting for one of the best human interest stories of the year was at Pamlico Central School. The members of the

(Continued on Inside Back Cover)



HAPPINESS IS JOURNEYING TO DISTRICT RALLIES

Busy! Busy! Busy! This was the theme song for FHA'ers preceding the district rallies. The many weeks of advance planning and preparation were noted by the success of the rallies. Future Homemakers and advisers in eight areas of the State simultaneously exercised their imagination and ingenuity in planning a program to help interpret some of the goals and purposes of the homemaking program. Plans were made with responsibilities delegated to many members, advisers, and chapters. No matter where you live, you were invited to one of the eight district rallies.

District I—Roanoke Rapids High School. 1,181 present. Speaker: Mr. Edmund H. Harding, North Carolina's Ambassador of Good Will "Citizenship Challenges You."

District III—Lumberton. 1,513 present. Speaker: Dr. Julian Lake, minister of the Brownson Memorial Presbyterian Church in Southern Pines—"Family Communications."

District IV—Orange Senior High School, Hillsborough. 938 present. Speaker: Rev. Malbert Smith, Jr., minister of Grey Stone Baptist Church in Durham.

District V-VII—Greensboro Coliseum. V—1,176—VII—1,201 present. Speaker: Dr. Charles D. White, minister of the First Methodist Church in Asheboro.

District VI—Kannapolis. 1,098 present. Speaker: Mr. James C. Johnson, Jr., Judge of Cabarrus County Domestic Relations "Modern Age Youth's Responsibilities."

District VIII—Lee H. Edwards School, Asheville. 1,012 present. Speaker: Mrs. Alyce E. Walker, former FHA president.





National FHA Week

Make plans now to celebrate this week—April 2-8

National Future Homemakers of America Week is a "special time" for North Carolina FHA'ers. It is a time set aside for all members to work together to promote the State projects and national purposes. It is also a time when we tell others about the contributions FHA makes to the improvement of personal, family, and community living. All chapters have the opportunity to put special emphasis on classroom home economics activities.

National FHA Week will be celebrated nationally April 2-8. Chapters should be planning now for activities that will be interesting, exciting, and meaningful. Make every activity a learning experience related to the purposes of FHA. They should be oriented to the individual, the family, the school, and the community. Inspiring and informative activities during National FHA Week should strengthen your chapter program.

The Red Springs Chapter of the FHA (Robeson County) observed National FHA Week with exciting projects displayed in public places to publicize the work of recognition for the FHA. Materials were sent to the newspapers and radio stations. Pastors at the various churches were notified of the first day of National FHA Week and that their church FHA members would sit in a group. The FHA Week plans were discussed with the school officials to keep them up to date on the happenings.

The FHA activities carried out by the day were:

Sunday: Church Services. Club members attended the church of their choice and sat in a group.

Monday: FHA Club Colors. The club members were identified on this day by wearing red and white.

Tuesday: Teachers Recognition Day. The club girls fixed and brought flower arrangements to the teacher in each of the classrooms with a note saying, "Compliments of FHA."

Wednesday: Peanut Pal Day. At the March 17 meeting the girls drew names for a secret pal—her "peanut pal." The name of the girl was kept secret until the night of the covered dish supper. Each girl did something special for her secret pal. If an article such as a piece of candy was slipped in her locker, the cost was not to exceed 10 cents. The peanut pals were revealed on Thursday night at the social.

Thursday: Covered Dish Supper. A covered dish supper was enjoyed in the Home Economics Department at 6:30. Each dish was prepared by the girls bringing it. The FHA folk singers entertained the group with various selections. Using the FHA hi-fi record player, the girls enjoyed dancing to popular music to complete the evening. A catchy good-night song was sung by the club girls as they left the building.

Friday: Courtesy Day. Every girl went out of her way to be as courteous as possible. They kept a record of their

many courtesies to see who could excel. Reports were to be made at the next meeting.

Saturday: Family Day. Each girl did something special for her family on this day. Special baking, cleaning, yard improvement, family fun, preparing a meal, entertaining, and child care were some of the activities of the day.

HISTORY! HISTORY! HISTORY!

History, progress reports, pictures, and programs of the by-gone years are what we are looking for! Yes, since FHA is "coming of age" this year, we are anxious to write a history of the North Carolina Association. Will you check your chapter scrapbooks and FHA files for historical materials that will tell the story. If you have materials, send them to Mrs. Hazel G. Tripp, state adviser, very soon.

"Meeting Needs of the Changing Family"

A report of the North Carolina Family Life Conference

PRISCILLA HURTE, Former State Recreation Leader

The 19th Annual Conference of the North Carolina Family Life Council convened in Asheville October 16-18. The keynote address was given by Dr. Evelyn M. Duvall, author, lecturer, and family life consultant, on "Meeting the Needs of the Changing Family." Dr. Duvall's inspiring address showed how people are dependent upon the family for growth, maturity, and progress. She also discussed the four stages of the family life cycle—the married couple, the child-bearing stage, the launching stage, and the aging stage. Dr. Duvall told of the problems in each stage and how they might be solved.

Mrs. Ruth H. Jewson, the National Council executive officer from Minneapolis, Minnesota, and Dr. Mildred I. Morgan, past president of the National Council and Family Life Consultants from Black Mountain, North Carolina, were the guest speakers at the second session. The theme was "Past, Present, and Future of the National Council on Family Relations and Its Affiliates." This session was a dialogue in which the past, present, and future were discussed and compared.

At the luncheon Dr. Duvall spoke to the Council on "Today's Teen-Agers." Several things make today's teen-agers a special generation. They came on the scene after World War II, a time of great depression and deprivation. Today's teen-agers have also been brought up without the heavy hand of authority, and they are faced with a new challenge and a search for values. This is the first generation to come along with an optimal level of nutrition through the entire life span. Teen-agers are, on the whole, larger and are maturing earlier than preceding generations. A final thing that makes today's teen-agers a special generation is that many more decisions are expected to be made by them. Our teen-agers are under greater social pressures than ever before.

The third session was conducted by Dr. Norbert Kelly, Director of the Division of Education of the North Carolina Department of Mental Health. Dr. Kelly spoke on "Family Life Education—A Mental Health Imperative." The importance of Family Life Education in helping young people help themselves was stressed. Dr. Kelly stated, "If there is to be any preventive measure and preventive hygiene, responsibility rests with family and schools."

In the afternoon session all the delegates were divided into four groups to discuss given topics. The teen-agers, as well as the teachers, religious consultants, and parents, were encouraged to express their views. This afternoon session of group participation was one of the most successful of the Family Life Conference this year.

"Some Observations of Marital Discord" was the theme at the fourth session. This was a symposium with emphasis in depth placed on the middle life. Numerous scholars participated at this evening session.

The fifth session had as its theme "Effects of National Legislation on Today's Family." Mr. James E. Robertson, the district manager of the Social Security Administration in Asheville, spoke on "Medicare—Today and Tomorrow." Executive Director Ora A. Spaid of The Opportunity Corporation of Asheville-Buncombe County in Asheville gave a talk on "Earliest Beginnings in Anti-poverty."



Janice Nelson has been installed as State Recreation Leader since the District VIII Rally. Janice is a junior at East Henderson High School and has been an active FHA'er for three years.

PUBLICITY IDEAS

(Continued from page 1)

"salute to FHA's 21st birthday."

- Prepare special bulletin board exhibits on FHA activities.

- Use the material in your *Teen Times* and *North Carolina Future Homemakers* for special articles.

- Work up a good presentation on FHA. Suggest to the civic clubs and/or other organizations in your community that your chapter would like to put on a program for one of their meetings.

- Explore the possibilities of using all chapter members in a talent show or chapter meeting; they are a talented group!

To tell others about the FHA Birthday, the following props and visual aids are available:

TV Film Spot (on loan from State Office)

This film spot is to be used between July, 1966, and April, 1967, in celebration of the Twenty-First Birthday of Future Homemakers of America as a national organization for high school home economics students. The 16 mm., color, sound-on-film presentation features Mary Low Driscoll of Virginia, 1965-66 National President, and Susan Weimann, National Vice-President for the North Atlantic Region, 1965-66. The film spot was produced for use on local television stations and would be good for showing to civic groups in the community. Chapters may order additional films from National Headquarters at \$10 per set.

Table Tents

The small table tents have a picture of the FHA Twenty-First Birthday exhibit on one side with FHA facts printed on the other. These are available in quantity from National Headquarters at one cent each. These table tents can be used effectively for banquets, in local restaurants, and at luncheon and dinner meetings of civic groups and teachers' meetings. Use them, too, for thank-you notes, special invitations, and notes to friends.

FHA Birthday Motif (Fay)

Most of you are already putting the birthday girl to good use. Additional prints are available at three cents each from National Headquarters.

FHA 21st Birthday Cake Cutouts

Printed on a flat sheet with cutout and assembling instructions, the cake cutouts make up into a 6-inch "cake" approximately 8 inches in diameter. The price is 25 cents each. These cutouts may be ordered from Future Homemakers of America, U. S. Office of Education, Dept. of Health, Education, and Welfare, Washington, D. C. 20202.

"Keys for the Homes of Tomorrow"

Do you need help in interpreting the Homemaking Program? If so, "Keys for the Homes of Tomorrow," a 16 mm., 25-minute, sound-color film, should be of help to you in interpreting the programs in your community to groups such as PTA, civic clubs, professional organizations, and other adult groups. The film is available on loan from Association Films, Inc., 347 Madison Avenue, New York, New York 10007, for the cost of postage both ways.

Chapter Chatter

The **Armstrong** Future Homemakers and Future Farmers of America (Cumberland County) cooperatively planned and sponsored a banquet in the school cafeteria. The Food Service class worked out the menu and with the assistance of two cafeteria workers prepared and served meals to more than 125 persons. The banquet was advertised on the radio, and invitations were planned and made by the Home Economics 713 class and given to all FHA and FFA members to give to their parents. The Commercial Education Department cooperated by making the invitations and programs. Members of the FHA and parents donated flowers for table decorations. The red rose which decorated the programs was also repeated on the place card and a red and white color scheme carried out on the invitations. Mrs. Mary Hughes was guest speaker for the evening, using as her topic "Building Blocks for the Future," with Dorothy Melvin presiding as toastmistress.

An open house with an exhibit was held in the home economics department at William Penn High School in Guilford County to publicize the various FHA and



homemaking activities during the year. Work was exhibited in the areas of home nursing, clothing, foods, and housing. The community was able to see that the home economics programs cover many areas of family living. The **William Penn** FHA'ers also assisted with Orientation Day by having a lawn party for visiting students and serving as guides for the occasion. The social and hostess committees took an active part in this project. This was an opportunity for the girls to learn to plan, prepare, and serve for special occasions, as well as to render service to the school. On April 21, 1966, Career Day was observed at the William Penn High School, with the FHA girls preparing for the coffee hour. The theme was: "The Future Belongs to Those Who Prepare for It." With over one hundred persons attending, this was a

good opportunity for young homemakers to help prepare for the future by participating in serving large groups of people. This gave them experience in decorating for such occasions also.

Members from the **Pine Forest** Chapter near Fayetteville met in August to assemble their chapter handbook. This is the second year the **Pine Forest** chapter has compiled a handbook. They have found it an effective way of informing the students of vital information without taking valuable time during the chapter meetings. Included in the handbook are a list of activities for the year 1966-67 based on the two objectives which have been selected for the year. A calendar of events, requirements for degrees of achievement, ceremonies for opening and closing meetings, and the chapter constitution are also included in the handbook, along with a list of officers and advisers with their phone numbers and addresses, the explanations of the flower, motto, and emblem, the prayer song, and some general rules of parliamentary procedure.

The **Washington Drive** Junior High School Chapter of the FHA, Fayetteville, selected its FHA girl of the month, Stephanie McKinney, age 14, chapter reporter. She exemplified sincere efforts in initiating and executing several ideas and plans for the chapter. Stephanie, only a ninth grade student, has attended eight schools and has lived in many states. She had the opportunity to visit foreign countries such as Okinawa, Germany, Japan, and Wake Island. She has also visited Hawaii and Alaska. About the FHA she says: "I am truly honored in that I am a member of the organization. I feel that if there is ever to be a great and popular organization in a school at any time, it will be the Future Homemakers of America this year, 1966-67." Her future plans are to major in home economics in college, to study toward being a fashion designer and to model her clothes, or to be an interior decorator. Stephanie is the daughter of Sgt./Major and Mrs. Samuel L. McKinney.

The **Chicod** Chapter in Pitt County has completed redecorating the teachers' lounge at Chicod High School. The project included the painting of the lounge, recovering of chair cushions, the addition of new drapes and coverings for the dressing stool and table, and the acquisition of a picture for the lounge wall. The successful completion of the project was made possible by the efforts of members of the FHA, who served on various committees, and the assistance of the homemaking classes.

J. F. Webb's Dorothea Jones, State FHA Treasurer, gave the program at a meeting of Granville County and Person County home economics teachers. Each teacher was accompanied by one of her FHA officers. Mrs. Dorothy Pruitt, Webb FHA adviser, called the meeting to order at Roxboro and introduced Dorothea, who told about the National Convention in St. Louis, Missouri, which she attended last summer. At the Convention the three new state projects were introduced: "Good Family Relations Through

Communications," "Citizenship Challenges You," and "Leisure Time—Constructive Time." Webb FHA has planned its programs for the 1966-67 around these three projects.

West Stanly FHA members excitedly initiated new members into the group. The excitement stemmed from the fact that 12 of the new members were boys,



West Stanly FHA initiates new members.

including the president of the student government, the captain of the football team, and many of the first-string players! All new members came to school on initiation day dressed neatly in red and white. The boys wore wide ties of red, while the girls wore red skirts and white blouses. Each new member wore a sign, "I am a new FHA member." Each new member who could not kneel and repeat the creed to an old member upon request was required to forfeit a part of his bag of candy. The climax to this day was a party in the school cafeteria; the new



Brenda Burris, West Stanly sophomore, prepares bulletin board as part of her degree work.

members were properly initiated. After refreshments were served, all members "shook the rafters" with "The FHA Spirit Song" and went happily home, content in the belief that this will be a great year for FHA at West Stanly High School!

Approximately 200 FHA'ers filed in for the East Duplin December meeting. The girls were served cranberry punch and cookies, the last part of the initiation of the new members. The floating tea added just the touch needed to make a holiday meeting complete. Jewel Bostic, FHA president, called the meeting to order. The program was turned over to Judy Raynor, who read a Christmas thought for the group; and Linda Smith sang "Hark, the Herald Angels Sing." Vivian Henderson, pianist, accompanied the entire group and Linda with the singing of many favorite carols. The walls vibrated with the feeling and joy put into the wonderful old songs. In the minute left before the meeting ended, the prize for the initiate displaying the best qualities in a homemaker was awarded. The girl receiving the award was Terry Albertson, an East Duplin Freshman. The FHA'ers adjourned with the official closing ceremony, the season's best cheers, and the holiday spirit prevailing.

"What are you living for?" asked Mrs. Edna Gray, distinguished home economics teacher at Clear Run School, when she spoke at the Mother & Daughter-Father & Son Banquet in Roseboro (Sampson County) at the Charles E. Perry High School. The theme for the banquet was "Building Blocks for the Future." Mrs. Gray centered her speech on the idea of purposeful living and whirled an inspiring challenge to each daughter and son as she said, "Let your reach exceed your grasp, or what's a heaven for?" She centered her attention on parents as she urged them to avoid the drastic mistake of feeling that their children, upon being reared, "owed" them something. Mrs. Gray ended her remarks with a challenge to all present to live a life of love, enrichment, satisfaction, and contributions. Another speaker at the banquet was Mrs. Agnes Hill of Armstrong High School who listed the foundation blocks necessary for the building of a successful future.

The Stedman Chapter of Future Homemakers conducted a degree workshop in the home economics department with Miss Joyce Faircloth, degrees chairman, who guided the girls in planning for working toward degrees of achievement. The degrees program is one way in which the Future Homemakers organization gives recognition to its members who have worked toward the purposes of the organization; have contributed to the improvement of their chapter, homes, schools, and communities; have made a plan for their own growth as individuals; and have checked their progress as they have carried out their plans. The Stedman FHA Chapter also compiles annually an FHA yearbook. The president starts working on

ANNUAL REPORTS! Your chapter received two annual report forms when you affiliated with the state and national organization. Have you arranged a meeting with officers and committee chairmen to review these report forms and compile data to interpret your program? Mail one copy to the State Office before the deadline, June 1, and keep one in your chapter file.

the yearbook in the spring and during the summer months works with the chapter typist and advisers to complete the book. At the opening of the school term, a copy of the yearbook is presented to each member as she pays her dues. Members refer constantly to the yearbook for information and important dates and take it to all chapter meetings. The president designed this year's cover with the red and white FHA colors and our symbols. The following items are included in the yearbook: a list of officers, advisers, chapter mothers, chapter king, honorary advisers, honorary chapter mothers, and honorary members; a brief explanation of the motto, colors, flower, emblem, prayer song, chapter song, and eight purposes; the National Program of Work; and identification of the state projects, Parliamentary procedure rules are also included to encourage all members to participate at the meetings. The FHA opening and closing ceremonies, some degree information, a complete list of the year's activities, and other valuable information is given in the yearbook for reference.

Central FHA Chapter in Hillsborough filled two "ditty bags" to send to servicemen in Vietnam. Girls brought combs, tissues, games, ball-point pens, notepads, plastic identification packs, pencils, and cards. The ditty bags were made of red and green net with either red or green satin ribbon used for the drawstring. The completed bags measured approximately 12 x 18 inches and made very attractive, useful gifts.

Students at **New Hanover High School** were introduced to FHA with a flannel board and a bulletin board entitled "Come to Fay's Birthday Party" and "FHA—21" that pointed out that the FHA is 21 years old. Punch and cookies were served in the adviser's classes after class on the first day of school. At these classroom gatherings the "presents" at Fay's party as seen on the bulletin board were explained to the girls. These "presents" were the objective and activities of FHA, including the FHA degrees, rallies, and making new friends. As a result of this effort, girls have joined FHA. Some of the girls are now involved in working for Junior Homemaker Degrees. Others worked on a float for the high school homecoming parade, sponsored by the FHA. Some girls acted as baby-sitters for parents attending an adult education course conducted by the vocational teachers. At the Southeastern District Classroom Teachers Association luncheon at New Hanover High FHA girls served. The chapter contributed a Thanksgiving basket to a family who had recently lost their home by fire. Other bulletin boards sponsored by the FHA were on citizenship and another on American Education Week.

The **Jones Central Future Homemakers** made jellies this fall for their mothers for the annual FHA banquet. In August the FHA executive council met and planned the year's activities. The FHA banquet was planned for December, using the Christmas theme. With the spirit of Christmas in mind, the idea of making favors for each mother developed. It was decided to make a jar of jelly for each mother. Since all home economics girls are members of the Jones Central

FUTURE HOMEMAKERS RESPOND

(Continued from page 3)

Pamlico Central Chapter of Future Homemakers of America decided that it was time they did something to help families in need and to improve the community in relation to the citizenship project. The home of one of the members of the FHA chapter was destroyed by fire, and the chapter members decided to prepare food for the family. They furnished the money to purchase items they could not bring from home. Since the family was very large, the meal was greatly appreciated. A thank-you card was received from them. Chapter members also gave clothes for the family members after they had been repaired. The family was very appreciative upon receiving these gifts. Chapter members were glad they had given their time and effort in doing for others.

The large Russell family received help from the Pamlico Central FHA also. The girls tried very hard to prepare a wholesome and attractive meal, and it was one of the most beautiful meals ever prepared by the department. The family received the luscious food with sincere appreciation.

The Pamlico Central Chapter next helped the Keyes family, who had just lost their father. One of the family members was a senior home economics student. Food was taken to the home, and a thank-you note was later received from the grateful family.

FHA'ers Learned of Communism in Cuba

As Mr. Vega, East Duplin's Spanish teacher and a native of Cuba, spoke on the role of the family in Cuba, before and after Communism, he pointed out that the parents ruled the family before Communism, but no more. Now the Government has control of Cuba's children, giving Cuban life characteristics we have never known. The girls were overwhelmed with the unimaginable fate of those who live in a Communist-controlled country. At the same time, they became more thankful to be free.

FHA'ers Adopt Korean Orphan

The A. C. Reynolds FHA Chapter adopted a 16-year-old Korean orphan girl as the main project during the year 1965-66. Lee Ok Soon lives at the Nam Book Ae Yook Won Orphanage in Korea.

Chapter, the jelly was made during the food preservation unit in each class. The girls brought small baby food jars from home to use as containers and fresh fruit for the jelly. Making jellies from bottle juices was also demonstrated and used. The jars were decorated appropriately for the theme with "Merry Christmas, Mothers, from Daughters and Home Economics Department."

Heartfelt response to Christmas cards sent to servicemen overseas has given a bit of true Christmas spirit to the Future Homemakers of Orange High School. It was such a simple project. It began with a bulletin board in the hall asking the student body to respond with names and addresses of boys of this area who are in service. Cards were sent early and soon forgotten, until notes began arriving expressing appreciation. These responses have made us much more appreciative of the sacrifice these boys are making. Another project which the Orange Senior High School FHA Chapter has carried out was done jointly with the Orange Junior High Chapter. During the bi-centennial celebration of the naming of Hillsborough, the two chapters prepared a window on the history of education. Schoolmaster desks from the eighteenth century complete with stool and dunce cap formed the background. School books through the years were displayed along with slate, candle, and hickory switches. This not only made a contribution to the community celebration, but also pointed out special features in the heritage of the local students.

They sent her \$10 a month and other special gifts during the year. Since she is very interested in clothing construction, the girls sent her a gift consisting of cloth and all the materials necessary to make a complete outfit.

"Operation Santa Claus" Held for Rowan Youths

Representatives of many Rowan schools are shown preparing Christmas gift packages for American soldiers in Vietnam.



From the left are: Sarah Painter of East Rowan High, Deborah Palmer of North Rowan High, Mrs. Judy Carden, a Boyden teacher, Shirlie Howie of Price High, Rita Gail Ruffy of Boyden High, Sharon Garver of China Grove Junior High, Phyllis Beam of South Rowan High, and Paula Karriker of West Rowan High.

The Rowan County Chapter participated in "Operation Santa Claus" whereby all U. S. servicemen in South Vietnam received a Christmas gift on Christmas Day. The purpose of this project was to make the holidays a little less lonely and a little more fun for thousands of American servicemen in South Vietnam.

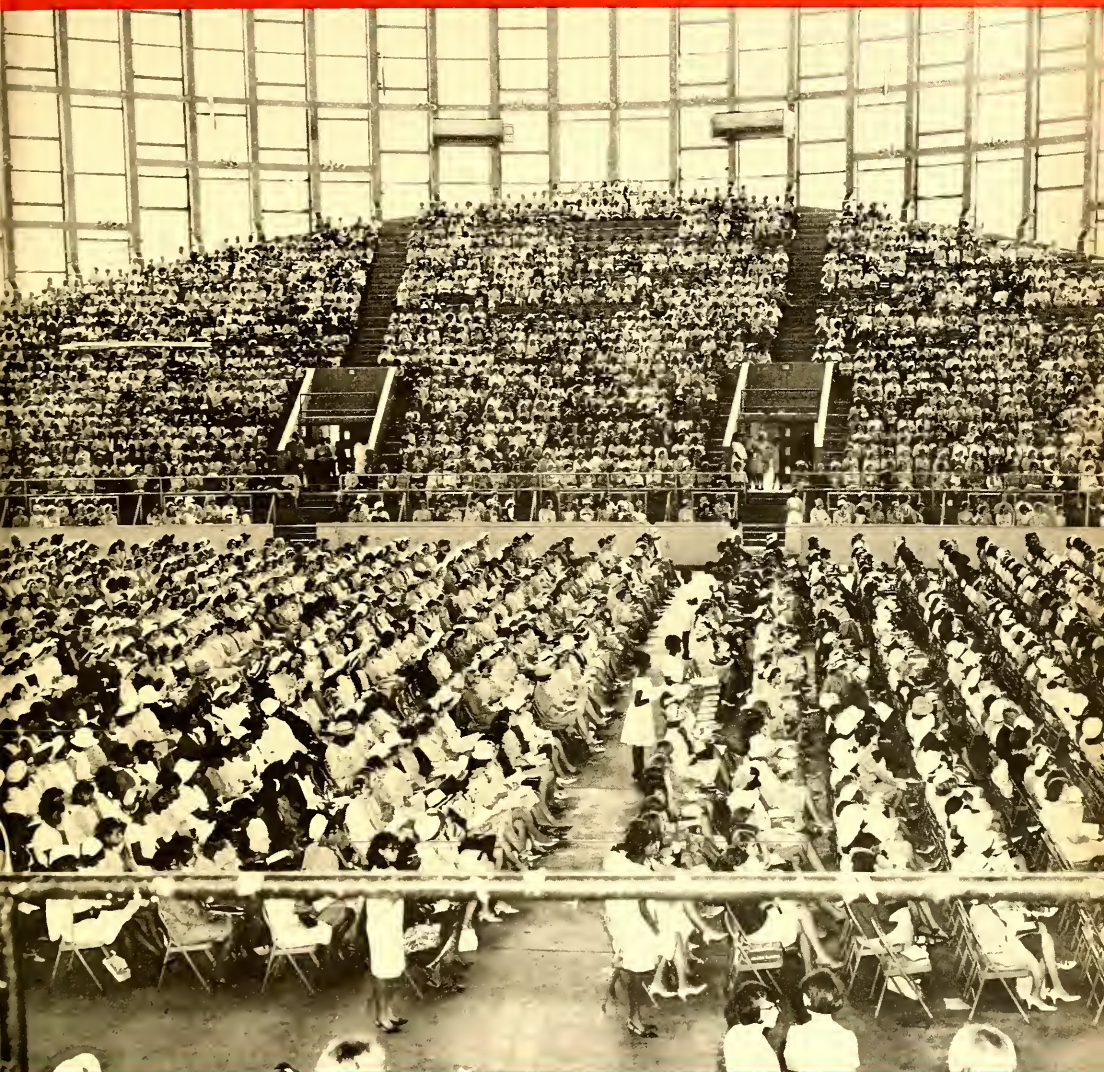
NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA OPERATING FUND STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS YEAR ENDED JUNE 30, 1966

Cash Balance at July 1, 1965:		
Petty Cash	\$	92
Checking Account	13,387.48	
Savings Accounts	65,796.99	\$ 79,185.39
Receipts:		
Memberships—32,415 @ 75c	\$	24,311.25
Interest on Savings Accounts	1,362.04	
Deposits by Delegates for Expenses to 1966 National Convention	4,800.00	
Advance Reservations for 1965 Summer Camp	12.00	
Sale of Handbooks	17.50	
Transfer from North Carolina Association of New Homemakers of America	4,866.96	35,369.75
Total Beginning Balance and Receipts		\$114,555.14
Disbursements:		
1965 National Convention Expenses	\$	3,943.49
1966 National Convention Expenses	134.51	
Refunds to Delegates to 1965 National Convention for Deposits in Excess of Expenses	513.00	
State Convention Expenses	1,030.72	
Executive Council and Board Meetings	300.11	
District Rallies	380.74	
National Affiliation Dues	8,103.75	
Future Homemakers Magazines	7,149.81	
State Handbooks	531.49	
Postage and Supplies	1,727.00	
Accounting and Auditing	145.00	
Family Life Council	18.96	
National Candidate Interviews	189.65	
Beautification Conference	36.00	
National Association Publications	82.50	
Expenses of 1965 Summer Camp	51.92	
Sundry Expenses	16.96	
Transfer of Advance Reservations for 1965 Summer Camp to Summer Camp Operating Account	692.00	
Transfer to Camp Fund (See Exhibit "B")	38,300.47	63,348.08
Cash Balance at June 30, 1966:		
Petty Cash	\$	82
Checking Account (Schedule A-1)	21,297.21	
Savings Accounts (Schedule A-2)	29,909.03	\$ 51,207.06



State Convention, April 8

Dorton Arena, Fairgrounds, Raleigh, N. C.



VOLUME XV

MAY 1967

NUMBER 3

FUTURE HOMEMAKERS

★ North Carolina Association ★

GREETINGS

FROM YOUR ADVISER

Memories, memories, memories . . . The 21st anniversary of our Association has come to a close with an impressive and reminiscent climax—the State Convention. I wish to thank each of you for your part in this gala celebration. It was an inspiration to observe you as you respectfully participated in the convention program. The FHA organization has made remarkable progress during its 21 years of existence and I am confident that it will continually add contributions to home-making education.

It is an honor to serve as your State Adviser and to be a part of an organization that has as its purpose improvement of family living. I hope in the years to come I will be able to contribute even more to each FHA chapter in North Carolina.

Hazel Tripp

Annual Reports Are a Mirror

Throughout the year various agencies have called your State FHA office to determine what FHA'ers in North Carolina are doing. Future Homemakers and chapter advisers often request materials to use in their local programs for chapter meetings, rallies, banquets, and civic programs. Your chapter annual reports serve as the best source for this information. Let your annual report serve as a mirror reflecting your varied chapter activities. Get it to the State office before June 1.

NORTH CAROLINA'S

'Homemaker of Tomorrow'



Mr. J. R. Hawkins, principal of Harding High, presents Catherine Rasberry State Betty Crocker Award.

Catherine Rasberry from Harding High School (Mecklenburg Co.) was selected by General Mills as North Carolina's Homemaker of Tomorrow in the Betty Crocker Contest. She won a \$1,500 scholarship from a group of 15,288 senior girls in 422 high schools. During her high school years, she earned a home economics award. She credits two years of home economics at Spangh Junior High, and this year at Harding High School, with giving her insight into the vocation of homemaking. She believes that a successful homemaker is one who knows more than how to cook, sew, or keep the house clean; she is concerned with every aspect of welfare.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS

1966-67

President—Beth Kirk, VII
Vice-President—Toni Thompson, VI
Secretary—Marie Kernodle, V
Treasurer—Dorothea Jones, IV
Reporter—Virginia Autry, III
Parliamentarian—Sarah Eakins, II
Historian—Harriet Morrow, I
Recreation Leader—Janice Nelson, VIII

DISTRICT ADVISERS

1966-67

Mrs. Shelby Nichols—Davie County, VII
Miss Frances Ryan—Garinger, VI
Miss Linda Pinkham—Asheboro Sr., V
Miss Cleo Cotas—Northern Durham, IV
Miss Linda Flowers—Hope Mills, III
Mrs. Virginia Catalan—Jacksonville, II
Mrs. Lucia Long—Jamesville, I
Mrs. Claire Rector—North Buncombe, VIII

State Adviser

Mrs. Hazel G. Tripp

Membership 31,880

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education

Raleigh, North Carolina 27602

FUTURE HOMEMAKERS CHAPTERS HELP . . .

How does your beautification campaign measure up? Here are some stimulating suggestions. Do you have others?

- Devote a chapter program to a discussion of the litter problems and ways to eliminate it. Use as props, poster of facts and statistics, a sample litterbag, posters with litter-prevention themes, and copies of local anti-litter ordinances. Point out that some members may be litterbugs without realizing it. Since litter-prevention begins with individuals, suggest that each member make a checklist of personal litter habits.
- Ask school authorities to sponsor a schoolwide clean-up and beautification program.
- Conduct a daily litter "policing" of school areas — lunchrooms, corridors, stairways, gymnasiums, auditoriums, and restrooms.
- Hold "Keep America Beautiful" assemblies and invite city officials to speak on litter problems.
- Make anti-litter posters and dis-

Keep North Carolina Beautiful

plays for school halls, bulletin boards, lobbies, and buses.

- Make litter prevention and beautification the subjects of plays, songs, and cartoons.
- Undertake projects to make the average citizen more aware of the litter problems.
- Members might make up short slogans urging citizens not to litter and send these to local radio and television stations for use during public service time. Other activities might include making and distributing anti-litter posters, giving away litterbags at community events and planning spe-

cial anti-litter exhibits for libraries, banks, and stores.

- Replace trees or shrubs in a recreation spot.
- Publicize your efforts.

Special seasonal activities:

- Ask the mayor to designate a particular week as "Clean Up (Community) Week" to launch an anti-litter effort.
- Present a skit with an anti-litter message and participate in community activities during Memorial Day, Fourth of July, and Labor Day.
- During Fire Prevention Week make a checklist of places in the home that could be fire hazards. Make copies of the checklist and distribute them with a litterbag.
- Reverse the "trick or treat" habit at Halloween—and distribute litterbags.
- Make a list of "good Christmas manners," asking citizens to dispose of trees, trimmings, and gift wrappings properly so they don't become litter or fire hazards.

Hope Mills Chapter Beautification Project

The Hope Mills Chapter (Cumberland Co.) is combining two of North Carolina's goals, "Leisure Time — Constructive Time" and "Citizenship Challenges You." The chapter has taken as its spring project, landscaping the area near the home economics department. The area is equipped with an outdoor fireplace and picnic table. Upon completion, the newly fenced in area will be landscaped with Japanese holly, Chinese holly, boxwood shrubs, and dogwood trees, carpeted in rye grass. With

to see it completed. The chapter members have taken the challenge given by Mrs. Lyndon B. Johnson, and have patterned the project on her suggestions on beauty and conservation of natural resources. If you are in the Hope Mills area, the FHA chapter members would like to invite you to see how leisure time and constructive time can be fun.

FHA Project Benefits School Beautification



Toni Thompson, Lynn Eudy, Marilyn Burris, and Margaret Ann Adkins plant bulbs at West Stanly.

"Leisure Time — Constructive Time," the spring project of the West Stanly FHA, officially got under way February 2 when members of the clubs, assisted by the FFA, began ground beautification by planting hundreds of bulbs around walkways and at the front of the school. This beautification project was launched

at the January meeting of the FHA with a program demonstrating the students' need for leisure time activities. Hobby demonstrations were presented by Janet Efrid, Nancy Davis, Karen Weaver, and Gail Teeter, who modeled dresses they made. Tonita Burleson and Mary Jane Park displayed garments they had knitted. Miss Sowell, who taught herself to play the piano, also demonstrated her hobby to the group. A second project undertaken by the chapter was writing letters to American servicemen overseas. Addresses were distributed to the members and the letters collected and mailed at set intervals.



C. S. Brown FHA members (Hertford Co.), Clemmie Archer, Mary Holley, Joan Lewis, and Dale Evans beautify school grounds by planting azaleas, candytuft and thrift around the home economics building.



the assistance of the Future Farmers of America, the chapter members have been busy using their leisure time planting shrubs and flowers. Everyone is anxious to complete the project since the area will be used for outdoor picnics, cookouts, and summer parties. Various school clubs and organizations are also anxious

National FHA Week Climaxes Birthday Celebration

More than 600,000 Future Homemakers in the United States celebrated the 21st birthday of the organization. The celebration reached its climax during National FHA Week, April 2-8, 1967. Special programs, activities, and publicity sponsored by local chapters increased public knowledge of FHA. Reports show that as plans were made for observance of FHA Week, members stressed that the major goal of the organization is "to help individuals improve personal, family, and community living."

FHA members at E. E. Smith High School (Cumberland Co.) were as busy as bees during National FHA Week. They attended church as a group. They displayed bulletin boards and posters in the lobby and corridors at school, and a thought for the day was read over the radio station. Daily devotional services were conducted over the public address system at school. Members assisted teachers. Each teacher was given a glass with FHA inscribed. A CCC Day (courtesy, cooperation and cleanliness) was proclaimed, and the student body participated. The custodian was delighted to receive sewing baskets equipped with needles, pins, thread and buttons. The members visited local rest homes and presented flowers to each member. Magazines and a flower arrangement were placed in the reception rooms. Members performed personal services such as combing hair, manicuring nails, and reading and talking with members. Flower arrangements were placed in the children's ward at a local hospital. The annual Mother-Daughter Banquet was a highlight of the week as they used the theme "Good Family Relations Through Communications."

Rock Ridge (Wilson Co.) celebrated the 21st birthday of FHA by visiting one of the honorary members, Pat Cockrell, who is confined to her wheelchair, but is an inspira-



Pictured are: Pat Cockrell (honorary member), l. to r.: Connie Barnes, Mary Etta Bradshaw, Rose Mary Johnson, Mary Margaret Barnes, Becky Davis, and Carol Boykin.

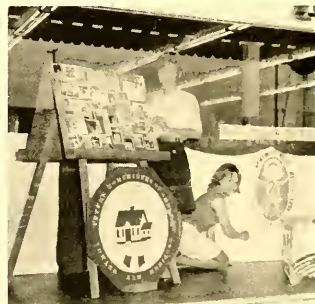
tion to all who know her. A birthday cake with "21" on top was taken and Happy Birthday was sung to FHA. *Teen Times* and the State FHA Magazine were taken so that Pat's nurse could read to her about the 21st Year Celebration. Other activities were keeping the whole school clean, especially the rest rooms, teacher's lounge and the lunch room. The school dietitian is also an honorary member; therefore, sweeping the lunchroom after lunch each day was a pleasant project.

Monday, a special flag raising ceremony was held by FHA with the entire school participating.

Sunshine baskets were taken to shut-ins in the community. A box was packed and sent to a group of service men in Viet Nam.

A radio program was given over WGTM radio in Wilson, telling the purposes and the activities of the Rock Ridge Chapter.

The Pembroke Chapter's (Robeson Co.) week of activities included the following. Posters were made

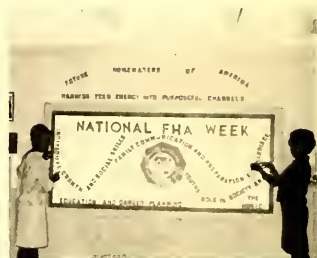


Pembroke FHA members placing display in local store window.

and placed in local store windows and school hallways. Table tents with information about FHA were made and placed on tables in two local restaurants. Wednesday night a party was held in the home economics department. A tea was given for faculty members and special guests which included the Mayor, local ministers, school superintendent,

principal, school supervisor, local county board of education members, local advisory board members, President, and Home Economics Instructor of Pembroke State College.

In a like manner the following chapters celebrated FHA week: Seventy-First, West Henderson, Enfield, St. Pauls, Aycock, Douglas, Vaiden-Whitley, Orrum, Belvoir-Falkland, Clarkton, East Carteret, Hope Mills, and Queen Street. At-



Eula Washington and Millie Spencer prepare bulletin board at Belhaven High School for National FHA Week.

tended church as a group; Publicity Day (Window Displays. Radio and TV programs, assembly programs, wore red and white); Faculty Appreciation Day; Family Appreciation Day; Special Chapter Social Events; Attended State Convention.

AWAKE IN HAVELOCK, EAT BREAKFAST IN ACAPULCO

Celebrating National FHA Week is an annual occurrence with the members of the Havelock Chapter; but, this year, Havelock FHA'ers decided to be different. They went all out and showed the faculty of the school just what they were capable of doing by honoring them at a Continental Breakfast, April 7. The breakfast was served buffet style with the Latin American decorations and music adding to the spirit of the fun, food, and fellowship. Fifty faculty members and guests were served. The merchants of Havelock donated a majority of the groceries that were used for the preparation of the breakfast.

Birthday Pageant Highlights

The birthday pageant written especially for the occasion by Jim Lineberger of Raleigh was presented by FHA chapter members from: South Granville, Mary Potter, Toler, Orange Senior, New Bern, Chase, Shelby, Hope Mills, C. S. Brown, Northampton County, Cary, West Cary, and Clayton. Narrators were Jenny Talton and Roseline McKinney. The colorful pageant traced the 21 years of the organization's growth. *A special climax at the pageant was the honoring of Dr. Catherine Dennis for years of zeal and dedication to the field of home economics. While presenting Dr. Dennis with the Bouquet of roses, the State president, Beth Kirk commented: "Posterity will look with

great favor on the next person to be recognized, for without her inspired leadership and dedication, we would never find ourselves assembled to

this occasion. It is with a deep humility that I present to this convention . . . our friend, Dr. Catherine Dennis. As tears rolled down many faces, the group showed their respect and admiration by a standing ovation for our own Dr. Dennis.



During the intermission, the State officers and Miss Ruth Jewell extended birthday greetings and led group singing.

We Welcome Four Honorary Members

The North Carolina Association awarded honorary memberships to Mrs. Henry Cooke, former home

economics teacher who is currently writing the history of the North Carolina Association of FHA;



Roses for Our Own Dr. Dennis



At Dorton Arena in Raleigh on April 8, 1967, 6,450 delegates from FHA chapters across the State celebrated the 21st birthday of the North Carolina Association of Future Homemakers of America. Dr. Catherine T. Dennis, State Supervisor of Home Economics Education, was an inspiration during the morning session as she gave "Memories of the Past 21 Years."

Mrs. Kathleen Snyder, former home economics teacher who designed the North Carolina FHA flag; Lt. Governor Robert W. Scott, strong supporter of youth organizations and who has supported home economics with enthusiasm; and Mrs. Hazel Tripp, former teacher and present State Adviser.



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Highlights of State Convention

April 8, 1967
Dorton Arena

REMINISCING WITH FHA

6,450 delegates, advisers, and guests attended the FHA State Convention on April 8, 1967. 1. WITN Washington Television Interview. 2. Pageant Canning Scene, New Bern High. 3. "I Am An American"; Chase High. 4. Luncheon. 5. Pageant Narrator; E. E. Smith High. 6. Officers and In-Coming Honorary Members. 7. Treasurer's Report; Dorothea Jones. 8. Old and New Officers. 9. Vonna Viglione, National Officer. 10. Birthday Relaxer; Atkinson High. 11. Registration; Fuquay-Varina High. 12. Old and New Advisers. 13. Group Arriving. 14. Pageant Russian War Scene; Orange Senior High. 15. In-Coming President; Toni Thompson. 16. State Honorary Members. Pictures may be ordered from Mr. L. Alton Daniels, 1618 Sunrise Avenue, Raleigh, North Carolina for \$1.50 per print.



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201 Happy FHA'ers Received State Homemaker Degrees!

The State Degree of Achievement is the highest honor which can come to a North Carolina FHA'er. It is not an easy task, but it is a satisfying one. As degree committees met to evaluate the degree plans and write ups, they learned that quality plans cannot be made in a day or week. They soon learned to tell which girls gave careful consideration to plans and which scribbled something at the last minute.

In listing steps to be taken in doing a project, list all aspects of the work. One should be able to tell from reading the steps exactly what the candidate will be doing as her project progresses.

Evidence anticipated in the planning stage can include such things as pictures, signed statements, letters, charts, sketches, fabric samples, and other tangible items. When listing possible evidence, consider only what you can include with your final report.

Many evaluations from several people such as ministers, teachers, parents, civic leaders and principals give supporting evidence as to the success of the work of the candidate.

A word about neatness and correctness — some plans received have had glaring errors in spelling, sentence structure, and capitalization. Others have been written so poorly that reading them was difficult. Some were reassembled after typing in improper sequence. Candidates should be careful in neatness and grammar and have enough pride in their work to make it the best. Asking the advice and help of an English teacher is a good way to see if the report is clear and free from error.

Advisers who sign plans and final reports without checking them are in error just as much as the candidate. They are indicating by this signature that they approve of the plan and project as submitted.

Remember — the evaluation committee will evaluate final write-ups in relation to the plan submitted.

DISTRICT I

Mattamuskeet Chapter: Edith Louise Dudley, Dianna Joyce Gibbs, Barbara Lou Harris, Sarah Lois Jolly, Jamesville Chapter: Judy Lilley Jones, Pasquotank Central Chapter: Jane Hearn, Farmville Chapter: Jean Little, Stokes Chapter: Treavlyn Bland, Creswell Chapter: Linda Spruill.

DISTRICT II

J. T. Barber Chapter: Georgia Green, East Duplin Chapter: Wanda Brown, Faye Outlaw, Jones Central Chapter: Jerri Andrews, Wanda Howard, Linda Philyaw, North Lenoir Chapter: Kay Dudley, South Lenoir Chapter: Linda Rouse, Richlands Chapter: Imogene Craft, White Oak Chapter: Frances Jones, Rebecca Parsons, Glynda Pallock, Atkinson Chapter: Sarah Anice Eakins, Barbara Shirleen Lanier, Belinda Rose Marshall, Evelyn Kay Moore, Burgaw Chapter: Kathy Marie Pierce, Penderlea Chapter: Marilyn Jones, Bobbie Mills, Vicki Register, Sara Savage, C. B. Ay-

cock: Judy Austin, Janet Coley, Connie Forehand, Sheila Elaine Goff, Brenda Lancaster, Sara Mercer, Rosewood Chapter: Raylene Hayes, Mary B. Davis, South Wayne Chapter: Brenda Allen, Patsy Britt, Brenda Jo Cox, Lee Woodard Chapter: Janice Davis, Lucama Chapter: Gail Bass, Brenda Ellis, Nancy Rouse, Rock Ridge Chapter: Elaine Barfield, Gail Bass, Cora Elizabeth Boykin, Dianne Davis, Susan Flowers, Hilda Hawley, Rachael Miller, LaVera Parker, Saratoga Chapter: Betty Lou Ellis.

DISTRICT III

Hope Mills Chapter: Priscilla A. Bynum, Betty Gainey, Sharon McDonald, Mary Spell, Nancy Kay Tarpley, Seventy-First Chapter: Vickie Lynn Finocchi, Benita Pickett, Stedman Chapter: Janice Faircloth, Frankie Giles, Gretta Horne,



Patsy Plyler, Anne Simmons, Hoke County Chapter: Betty Pope, Union Pines Chapter: Patricia Cameron, Kay Dowd, Aberdeen Chapter: Wanda Gail Holden, Libby Maurer, Susan Thompson, Hamlet Chapter: Elaine Salottii, Red Springs Chapter: Doris Edwards, Clement Chapter: Denise Gainey, Brenda Hall, Cynthia Williams, Hobbton Chapter: Nancy Glynnie Denning, Kathryn Vann, Abigail Warren, Elizabeth Ann Warren, Roseboro-Salemberg Chapter: Brenda Kay Honeycutt, Tabor City Chapter: Loretta Ann Tucker.

DISTRICT IV

Northern Chapter: Nancy Christine Sharpe, Southern Chapter: Brenda Terry, J. F. Webb Chapter: Gail Clement, Angier Chapter: Cindy Peal, Coats Chapter: E. Beth Stephenson, LaFayette Chapter: Anne Smith, Lillington Chapter: Rebecca Baker, Doris Cameron, Anne Dennis, Donna Holder, Brenda Lee, Debby Matthews, Nora Helen McLeod,

Beth O'Quinn, Lydia Senter, Debbie Smith, Rita Elaine Webb, Margaret Eileen Williford, Brenda Wood, Benson Chapter: Beth Denning, Helen Sorrell, Clayton Chapter: LaKue Jones, Pattie Stanley, Cleveland Chapter: Becky Holland, Four Oaks Chapter: Brenda Adams, Jo Ann Massengill, Brenda Rose Smith, Sanford Central Chapter: Betty Lou Burns, Coopers Chapter: Judy Greene, Carol Hendrix, Dale Lucas, Janie Rhea, Donna Viveretta, Zeb Vance Chapter: Donna Edwards, Linda Jo Stone, Fuquay Varina Chapter: Jamone Ogburn, Garner Chapter: Mary Kay Wooten, Mary Susan Dill, John Graham Chapter: Rachel Long, Norlina Chapter: Melba Newsom, Patricia Satterwhite.

DISTRICT V

West Forsyth Chapter: Jerry Dianne Hoots, Asheboro Chapter: Rachel Henley, Franklinville Chapter: Elizabeth Allred, Dianne Yvonne Caudle, Frances Eileen Chaney, Patricia Lou Craven, Gray's Chapel Chapter: Doncella Davis, Sylvia Hackett, Sarah Routh, Cynthia York, Liberty Chapter: Pat Ward, Ram-

seur Chapter: Jo Ann Parnell, Trinity Chapter: Judy Coggins, Joyce Coltrane, Judy Myers, Madison-Mayodan Chapter: Brenda Lou Smith, Donna Forgay, Seagrove Chapter: Janice Frye, Brenda Carol Council, Janice Chrisco, Ann Allen, Paula Jean Johnson, Linda Latham, Diane McNeill, Patsy Ann Stoltz, Linda Sue Tucker.

DISTRICT VI

Shelby Chapter: Marilyn Greene, Janis Mauney, Glenda Stalvey, South Stanly Chapter: Nancy Floyd, Sheila Harris, Candy Hudson, Pat Lowder, Betty Ann Shankle, West Stanly Chapter: Lynn Eudy, Toni Thompson.

DISTRICT VII

Beaver Creek Chapter: Linda Marie Harless, Judy Hart, Davie County Chapter: Janet Kay Ridge, Boyden Chapter: Rita Gail Ruffy, East Rowan Chapter: Sarah Ann Painter, South Rowan Chapter: Delores Walter, North Surry Chapter: Delores Ray Blackburn, Debbie Blan-

Planned Activities

Help Make an Active Chapter

What do you see in your FHA mirror?

Does your FHA Chapter have enthusiasm? If so, is it because you have had well planned agendas made in advance to speed up business meetings? Did you use committees involving all members, and not just active officers? Do you invite guests who speak on topics of interest to teen-agers? You must realize that chapter programs need a real purpose! They should contribute to the goals of the chapter program of work and carry out the purposes of Future Homemakers of America. Does your chapter reflection in the FHA mirror show well planned programs as reported by these chapters?

CUMBERLAND COUNTY PLANS WORKSHOP

The home economics teachers of Cumberland County felt that the FHA girls would benefit by meeting together to participate in a county group activity. Plans were made for a meeting to include National, State, and local officers representing the 12 high schools in the county with 1,377 FHA members. On March 21, a joint meeting of home economics teachers and FHA girls was held at Anne Chesnut High School. A special hour gave the girls time to get acquainted while the home economics teachers held their regular meeting. After the meeting the 24 teachers joined the 54 FHA members in the cafeteria for the FHA program. The thought for the day was given by Pine Forest School. Vonna Viglione, National Vice President of the Southern Region, gave the purpose of the meeting. Massey Hill school presented a comical skit, "The Tater Family," after

sett. East Wilkes Chapter: Lydia Collins, Rita Lewis, Rose Mathis.

DISTRICT VIII

Lee Edwards Chapter: Marsha Crompton, Brenda Corbin, Sally Morrison. North Buncombe Chapter: Brenda Haney, Patricia Ann Rice, Hildebran Chapter: Sarah Yoder, Oak Hill Chapter: Janet Whisnant, East Henderson Chapter: Melva Hyder, Catherine Laughter, Janice Nelson, West Henderson Chapter: Utinicia Allison, Sherry Baldwin, Mary Alice Bradley, Cindy Cunningham, Rebecca Glenn, Peggy Guice, Loretta Jones, Shirley McGee, Georgia Pistolis, Rebecca Tatham, Camp Laboratory Chapter: Katie Pressley, Brenda Sue Watson, Helen Ammons, June Love Barker, Linda Frady, Chase Chapter: Geovinna Yelton, Rutherfordton - Spindale Chapter: Anna Lucille Hunt, Dorothy Tanner, Rosman Chapter: Glinda Chapman, Ann Fisher.

which the girls were divided into buzz groups to discuss activities that could be carried on during National FHA Week. They also exchanged ideas to increase chapter interest. The unique manner in which Washington Drive Junior High School gave the roll call captured the interest of all. Virginia Autry conducted the closing ritual. The following summary made by the group should be a challenge to other chapters:

1. It provided an opportunity for FHA girls in the county to get better acquainted.
2. It provided an opportunity for growth with girls sharing ideas and learning what other chapters are doing.

meetings." One planned program was "The Night Before Christmas." The girls wrote a play to emphasize "morals and manners" about a teenage girl who was beginning to forget her manners at home.

The Bath Chapter (Beaufort Co.) has been on the ball this school year, getting off to a swinging start when the executive council met at the beach for a week-end of planning and fun. The first big activity was Initiation Week. Twenty-seven eager, excited freshmen girls were to become Future Homemakers. Each day a special activity was planned.

Monday: Teacher's Helper Day.

Tuesday: Gentlemen's Day.

Wednesday: Member Day. Each girl was assigned a big sister to assist.

Thursday: Fun Day! Each girl dressed as a Nursery Rhyme character.

Friday: Chapter Day. Each girl wore red and white. The new members were installed.



These FHA girls are rehearsing their parts in a skit called "Everyone Is Doing It" which was presented as an entertainment feature during the Stanly County FHA Rally. The skit was written by Jo Ann McSwain and Nancy Floyd of South Stanly Chapter.

3. It strengthened the feeling of unity as a county group.

4. It not only broadened the outlook of each chapter by showing the extent of work being carried on, but it brought chapters together in a common interest, and created a desire for more county-wide FHA group meetings.

5. The varied activities provided an opportunity for training in leadership and social development.

COATS CHAPTER CONVINCED PLANNING IS NECESSARY

The Coats Chapter (Harnett Co.) set up as one of their goals for the year, "to have better programs for chapter

The greatest challenge was how to reflect the three State objectives in the chapter meetings. When 55 members went to the District I Rally in Roanoke Rapids, they came back all set and ready to work. A major victory for the chapter was scored when Dale Everett from Bath won the State office of parliamentarian. At Christmas, a feeling of good cheer spread throughout the club as they participated in Operation Santa Claus, a program which enabled the mentally ill to receive Christmas gifts. Their next big project was National FHA Week. They got off to a good start by attending church together. The Mother-Daughter Banquet with the theme "Over the Rainbow" was a part of the celebration.

Leisure Time—Constructive Time

Four Henderson County FHA chapters met for their tenth annual overnight workshop at Camp Arrowhead in Tuxedo, North Carolina. Eighty-five FHA'ers enjoyed a week end of recreation and inspiration. Included on the program were addresses by Miss Louise Swann, assistant State supervisor of home economics education, and the Rev. Lucy Norton, who gave inspiring talks on the workshop theme, "Leisure Time—Constructive Time." All the girls participated in leisure time projects. At the afternoon session, the "Show and Tell" hobby demonstration was enjoyed. During the Saturday morning session, the girls visited informative craft displays on knitting, silk screening, art, ceramics, and candlemaking. Every FHA'er benefited from the successful launch of the three new State projects.

The West Henderson FHA chapter supervised a project with the special education class at a local elementary school. Each year they sponsor a Christmas



party for the children in the class and give each child gifts of clothing and special toys. Refreshments are served. FHA'ers, as well as the children, await this annual party with great anticipation.

Citizenship Challenges You

GIVING TO OTHERS

The objective of the Person County High School Chapter of Future Homemakers of America for December was to sponsor a project that would put cheer in Holidays for some of the less fortunate children, shut-ins, and aged of the county.

During their spare time, the members



Articles being presented to Mrs. Lala Williams, representative from the Welfare Department for distribution by Faye Yarbrough.

constructed and stuffed about 30 articles that could be used as toys for children or decorative pillows for the shut-in and the aged of the community.

Faye Yarbrough, vice president of the chapter, presented these articles to representatives from the Health and Welfare Departments for distribution.

Prior to the presentation, these articles were on display in the Home Eco-

nomics Department where students and faculty members could view them.

A sense of pride could be observed on the faces of the members of the chapter for being able to share what they had to make others happy at Christmas time.

POT LUCK SUPPER

The East Henderson Chapter held a Pot Luck Supper in the lunchroom of East Henderson High School. The supper was centered around one of the State projects, "Citizenship Challenges You." The decorations carried out the patriotic theme. Following a buffet meal, the meeting was held. Barbara Case, chapter president, presided and Janice Nelson, chapter vice president, introduced the speaker, the Rev. Silas Bradley. Rev. Bradley presented an inspiring talk on "Me, As An American," which brought out the challenge that we must work to be true Americans, and to make America truly "one nation under God."

JAMESVILLE DOLL DRIVE

There isn't any need for organizations to journey outside the United States to find underprivileged children. Realizing that there are many children in America without anything for Christmas, the Jamesville Chapter (Martin Co.) did something about it. A doll drive was carried out with girls donating dolls, old and new. The girls took the old dolls home, cleaned them, made some new clothes and repaired the badly torn ones. The dolls were returned to school and packaged. They sent the dolls to a mountain area. The FHA chapter members of Jamesville are sure that there were many

The Coopers FHA Chapter, Nash County, has developed a series of programs using the State Project theme, "Leisure Time—Construction Time." For the November meeting Mrs. Robert D. Richards, who has appeared on the Channel 11 Peggy Mann television show, discussed and demonstrated her hobby, constructing various decorations, centerpieces, and gifts for different holiday seasons. This encouraged FHA members to decorate homes as their hobby.

Mrs. I. T. Valentine from Nashville shared her hobby of ceramics. Several of the FHA members have taken ceramic lessons from Mrs. Valentine. These girls will exhibit their handiwork at one of the chapter meetings.

The president of one of the local civic organizations has spoken on using her leisure time constructively to have time for club work and other civic activities.

Listed among the members' leisure time activities are: serving as a Candy Stripper in the local hospital, collecting for the Red Cross, helping an underprivileged family by making and collecting various articles for them, collecting for the Cancer Fund. All of the members have been involved in selling Christmas cards and wrapping paper as a money-making project. The chapter has also had a skating party.

The Coopers chapter has for three consecutive years been a first place winner at the Rocky Mount Fair with their fair exhibit. The theme, "Leisure Time—Constructive Time," was portrayed to the general public. The exhibit featured a background of sky with bold black letters reading, "Balance Your Time Wisely." The foreground was a landscape scene with greenery. A balance supported two men fishing in two lakes, one called Lake Work and the other, Lake Leisure. Lake Leisure contained hobbies such as reading, television, sports, and travel. Lake Work contained job, school, home, family security, and society. The FHA'ers used this to encourage others to divide their time between the two for a happier life.

smiles on little faces at Christmas. Members of the chapter and their adviser, Mrs. Lucia Long, visited the County Home in Martin County. They carried out a simple program of devotion and singing before serving homemade cookies. Chapter members describe this as a most rewarding experience, receiving by giving.



FHA members of the Trinity Chapter are preparing fruit baskets for the elderly members of the community.

Chapter Chatter

The annual Mother-Daughter Banquet sponsored by the **Franklinton FHA** (Franklin Co.) was held with chapter members celebrating the twenty-first birthday of Future Homemakers of America, using a birthday cake topped with "21," red roses and candles. Margaret Weston, president, extended the welcome, and Mrs. Richard Whitfield responded. The speaker Mrs. Charles Julian, stressed the fact that homemaking is the most important activity of all women of all lands. "The home is truly the backbone of every nation," stated the mother of two young boys. Making the home a happy, comfortable and safe place to live is both an art and science. In the FHA, girls can learn by doing, by observing and by sharing ideas and experiences with one another. Future homemakers will have a bigger job than their mothers or grandmothers. But through the FHA, there will be many things learned which will be of help to the future homemaker. In closing, the speaker remarked "The Future is in your hands—so handle it with care."

The **Asheboro Chapter** (Randolph Co.) has been busy this year carrying out projects such as catering to the NCEA cookout. They cooked and served hamburgers to the Asheboro City unit as a



joint moneymaking project for the junior high and senior high school FHA chapters. Other projects were operating concessions at football games and participating in the Student Council Candy Sale. With the money earned through these projects, they are redecorating the bedroom of the Home Economics Department. The Sweetheart Ball sponsored by the chapter used the 21st Birthday theme. Two girls were elected from each class as court members with the queen selected from the senior class. The queen, Wanda Staley, was crowned and presented red roses. Senior attendants were Barbara Greeson and Diane McDonald. Junior attendants were Pat King and Diana Burke. Sophomore attendants were Karen Allen and Susan Brown.

Members of the FHA Chapter of **Carver High** in Laurel Hill (Scotland Co.) believe their success has been due to planning and carrying out regularly

scheduled monthly programs with a central theme. The first meeting was held with the president, Linda David presiding and all of the members dressed in the club colors. Their theme was, "Leisure Time—Constructive Time." Skits showing a comparison between wise and unwise use of leisure time were presented prior to a panel discussion on leisure time. The theme of the second meeting was, "Displaying Good Citizenship." The guest speaker was Scotland County Deputy Sheriff Wayne Davis. His speech was centered around obeying and disobeying the law. The most widely discussed issue was teenagers' driving. The Carver chapter conducted a clean-up campaign to clear campus grounds of cans, papers, bottles, and litter. To support the Clean-Up — Fix-Up Campaign, improvements were made in the girls' rest room. To create a feeling of good will among members, "The Ten Commandments of Human Relations," published on the back cover of the FHA magazine were framed.

The **South Lenoir Chapter** (Lenoir Co.) held their Mother-Daughter Banquet with the theme "FHA's 21st Birthday." Paulette Taylor played her ukulele while the members sang. After the opening ceremony, the devotional, "A Lasting Thought," was given by Virginia Ann Jones, Kathy Taylor, Joan Casey, and Sandra Gagne. The invocation was pronounced by Belinda Hill. Ann Paderick gave the welcome, and her mother responded. Carol Ann Posey toasted the mothers, and her mother toasted the daughters. The program was an FHA Emblem Service. The entertainment consisted of a relaxer, "Daisies Do Tell" in which Vicki Stroud, Linda Jones, Gail Turner, Dean Campbell, and Ernestine Rouse participated. A Happy Birthday relaxer was given by Shelby Sheppard, Sheila Humphrey, Susan Baldwin, Annette Norris, Pat Horne, Martha Peirce, Katie Brown, Becky King, Margaret Davis, Jane Jones, Brenda Smith, Gilda Becton, Belinda Hill, and Helen Smith. The closing ceremony adjourned the Mother-Daughter Banquet.

"Do You Remember?", a musical variety show was presented by the **Saluda High Chapter** (Polk Co.) depicting the popular songs, dances, and the clothing from the early 1900's to the 1960's. For each group of years, such as the twenties and the thirties, songs, dances, and skits pertaining to the era were presented. The most outstanding numbers were a dance arrangement to "April Showers" with Pat Ward as soloist and an Old Time Pajama party featuring 24 girls doing the Big Apple, Kangaroo Dip, and the Turkey Trot.

A very effective background picture done in pastels by the girls was used for "Red Sails in the Sunset," a solo by Bevie Walker. The program ended with a special salute to the Armed Forces with Sandra Summers, Margaret Epperson, Nora Gosnell, and Rowena Metcalf dressed in military uniforms. The last act featured the chapter girls singing the four service songs, and as the final salute, "This Is My Country."

Webb Chapter members (Granville Co.) were held spellbound at their De-

cember meeting when Mrs. Charles Barker Jr. of Oxford gave a dramatic interpretation of the swelling emotions within an innkeeper's wife as she gazed upon Jesus on the cross, and remembered a night of long ago when the Christ child was born in the stable. Appropriately and richly dressed as her part would suggest, Mrs. Barker, accompanying herself on songs as "Were You There," "O Holy Night" and "Silent Night." Dorothea Jones presided at the business session with all FHAers receiving their new yearbooks. Club members discussed considering the possibility of adopting a child in Viet Nam. A committee, headed by Laura Leslie Powell, was selected to investigate the project.

The **Future Homemakers of Shelby Chapter** (Cleveland Co.) developed an unusual Christmas project. The home economics girls designed and painted Merry Christmas labels for No. 3 size cans. Christmas refreshments consisting of individual decorated fruit cakes, pulled mints, stuffed dates, Noel balls, and Christmas tree cookies were prepared and placed in the cans by second and third year home economics girls. The cans



were sealed and the recipes for the foods were put under the labels. The "Christmas presents" were sent to each member of the faculty with a Merry Christmas wish from FHA.

The **Richlands Chapter** (Onslow Co.) has been very busy this year completing projects such as serving as hostesses at the Bloodmobile, entering floats in the Homecoming and Christmas parades, making decorative Christmas cards for many of the aged people in the surrounding communities, visiting the residents of a nearby home for the aged, designing and decorating 161 prayer cards for use on breakfast trays at Onslow Memorial Hospital during the Christmas season, and collecting, repairing and distributing toys to children of needy families. FHA members designed and displayed attractive bulletin boards in the school.

The **February Meeting of the Pantego FHA Chapter** (Beaufort Co.) presented skits stressing the permissive family, the autocratic family, and the democratic family. After the skits, a panel consisting of Kathy Oliver, Mary Leslie Winfield, Denny Wallace, and Mrs. Dorothy Clark discussed questions centering around family relationships. Following the panel discussion, a survey sheet was distributed to learn the feelings of the students regarding discipline in the family. The tabulation was posted.



BLESS F.H.A.

Tune: Bless This House

Bless our F.H.A. we pray
Grant us wisdom all the way
Bless our aims, so high and clear
Building futures without fear.

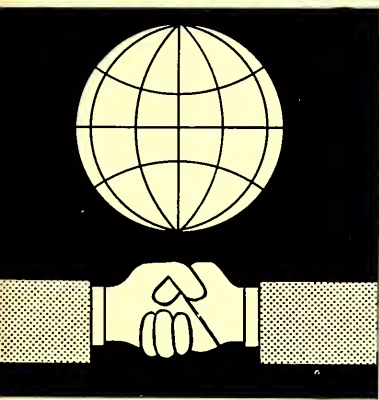
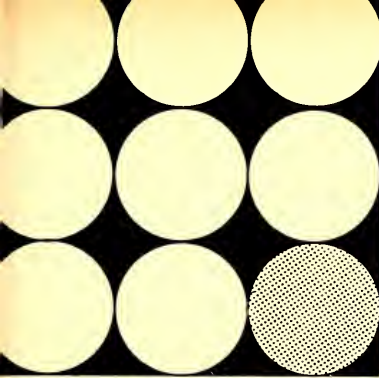
Bless our homes in every hall
Let Thy peace live over all.
Bless our work that it may show
Hope and courage as we go.

Grant our members vision bright
Striving always for the right.
Bless the dreams of hope so rare
With faith ascending like a prayer.

Bless the F.H.A. within
Keep us pure and free from sin.
Guide us all that we may be.

Homemakers inspired by Thee
Grant that we may ever be,
the hope of our country.





FUTURE HOMEMAKERS

★ North Carolina Association ★

VOLUME XVI

NOVEMBER 1967

NUMBER 1

State Adviser Takes a Look at LEADERSHIP

Loyalty
Eagerness
Ability
Dedication
Efficiency
Reliability
Sincerity
Honesty
Integrity
Perseverance

As your State adviser I was privileged to be one of one hundred and twenty state and national leaders from forty-seven states who participated at a leadership workshop in Hardinsburg, Kentucky to take a look at leadership activities in vocational youth organizations. These educators realize there is a need to teach leadership, just as there is a need to teach any subject. It is a fact that leadership carefully taught and developed through chapter activities will do much to assure future leaders of high caliber.

There are many possibilities for developing leadership in local chapters. You are a leader when you contribute ideas and opinions, when you help others contribute ideas, and when you help members of the group understand one another. When you plan programs for meetings, contact speakers, or give a clear, concise, imaginative report, you are a leader. You are developing habits that will affect you as a future career woman, wife, and mother.

If I were asked to single out the most neglected vital quality we need to be successful leaders, I would answer that it is creativity in preparing for chapter programs to provide meaningful activities for all members.

Good leadership should include maintaining good communication between members so ideas flow freely, establishing a feeling of mutual respect so each member contributes her best. Characteristics of a good leader are loyalty to the chapter, impartiality, patience, a sense of humor, and a democratic attitude. The fact that experience develops leadership capabilities empha-

sizes the importance of allowing many members to hold offices. Assigning responsibilities only to members who have previously shown leadership ability will dry up a chapter's potential leadership.

Enrollment in the Future Homemaker Organization can be an excellent means of enriching the home economics program. For example, FHA activities offer "Opportunities Unlimited" to help individuals improve personality traits; and, of course, home economics instruction is geared to meet this goal. Our vision is expanded as we strive for community improvement sponsored both by the FHA chapter and encouraged in the classroom. We cannot lose sight of the fact that we teach in the classroom concern for neighbors near and far and one of our State FHA projects focuses attention on improving relationships.

I hope that you will become familiar with all areas of vocational education in addition to home economics. These areas include agriculture, business and office education, trade and industry, and distributive education. Each area has a chapter or club affiliated with it as an integral part of the vocational program. Most of you realize that we have a Future Homemakers of America and you are cognizant that the Future Farmers of America relates to agriculture; but do you know that there is a DECA, VICA, and OEA? The DECA (Distributive Education Clubs of America), now in its twenty-first year, is an organization of all students interested in distributive education. VICA (Vocational Industrial Clubs of America) is for all students interested in industrial and trade arts. OEA (Office Education Association), the newest of the vocational groups, is for all students enrolled in office education courses.

I challenge each of you to realize fully and completely that you are leaders and that you have a special place in your school. You are a key to the success of your chapter—the quality of FHA in North Carolina depends on you.

Hazel Tripp

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS 1967-1968

President—Toni Thompson VI
Vice President—Karen Allen V
Secretary—Brenda Terry IV
Treasurer—Judy Lindsay III
Reporter—Wanda Brown II
Parliamentarian—Dale Everett I
Historian—Judy McLean VIII
Recreation Leader—Delores Blackburn VII

DISTRICT ADVISERS 1967-1968

Miss Catherine B. Ingram, Robersonville I
Mrs. Patricia Edwards, Rock Ridge II
Mrs. Mary H. Markham, Lumberton III
Mrs. Edythe Darden, Anderson Creek IV
Mrs. Sue Newsome, Western Alamance V
Mrs. Betty Gamble, Kings Mountain VI
Mrs. Ruth Waters, North Iredell VII
Mrs. Ruth Jobe, Rutherfordton-Spindale VIII

State Adviser

Mrs. Hazel G. Tripp

Membership 33,000 (Tentative)

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina 27602

Season's Greetings

From Your State Officers

Hi FHA'ers, Let's begin the new school year by getting on the move with FHA. The officers are blasting off with FHA, reaching for new horizons and looking for new challenges. As state president I am inviting you to help us reach our FHA goals. Sometimes I am mistaken for a boy, but with a name like Toni that is understandable. I was born July 19, 1950, to Max and Ann Thompson. We live in Endy in Stanly County. West Stanley High is my second home where I am a member of the FHA, French, Monogram, Science and Pep Clubs. I've been a cheerleader for three years and a member of the chorus. My love for journalism has increased since I am a member of the newspaper staff and annual staff. Swimming, singing, dancing, eating, and twirling a baton are some of my likes. My best companions are a talking parakeet, Prettyboy, and a precious dog, Cuddles. I hope to continue my education at UNC at G or Appalachian, majoring in home economics, of course! So long FHA'ers! Please write to me at P. O. Box 1023, Albemarle.

Toni Thompson, *President*

Hi fellow FHA'ers! I'm Karen Allen, your state vice-president. I am just an average 16-year-old girl, with varied interests in skating, horseback riding, swimming, and dating. My three year old sister really keeps me busy, not to mention my FHA work. It seems as though I never have enough time to spend with my horse. I am 5'5" tall, weighing 110 pounds. I have blue eyes and long brown hair. I would like to have more chances to meet other FHA'ers. I can be reached at Route 1, Box 431, Asheboro.

Karen Allen, *Vice-President*

Hi! I am Brenda Terry, your State FHA Secretary. FHA heads my list of interests at Southern High School in Durham. In addition to my responsibilities as State secretary, I am president of the local FHA Chapter. A great believer that being happy is keeping busy, I have a full year ahead of me as a senior. My position as secretary of the National Honor Society will keep me in practice for taking notes at the state convention. I am chairman of the Student Council Publication Committee, a member of the Future Teachers of America, and a newspaper reporter from Southern High for the *Durham Morning Herald*. I am looking forward to serving as your State secretary.

Brenda Terry *Secretary*

Hi! I'm Judy Lindsay, your State FHA treasurer. I am 17 years old and a senior at Hobbs High School, Newton Grove, a school with about 500 students. I have been a member of an active chapter of FHA for three years. Some of my best times have been participating in FHA activities. I am looking forward to serving as president of my chapter this year. I love to explore music as I play the piano and organ by ear. I also play the clarinet in our high school concert band. I enjoy listening to records and learning to play and sing popular songs. I am looking forward to being your state treasurer this year. I'm sure the experience will prove to be very rewarding. I have attended two national conventions which were, I think, the highlight of my years in FHA. I have found "Opportunities Unlimited" in FHA. If I can be of any help this year, do not hesitate to call, I'm looking forward to meeting you!

Judy Lindsay, *Treasurer*

Do you like flowers? Good! Then maybe you'll like me. I am a flower. Oh, not an orchid or a rose—nothing so distinguished. I'm just an ordinary flower. Like all flowers, I have many different parts that when all put together form me. My name is Wanda Brown, and I'm 17 years old. I have red hair and blue eyes that top off a 5'5" frame. Surrounding this flower, Wanda, is my family. My mother is a nurse's aide at a school for the mentally retarded, and my father is a carpenter. My brother is 20 years old and has just returned from Vietnam where he was wounded. The three of them have made a wonderful garden for me to grow in. My petals are my hobbies and school activities. I love to read, write, and sing. As a senior at East Duplin, I am a member of the junior play, and work on the newspaper staff. I was president of our FHA chapter last year. The stem that holds me up is the dream I have of being an English teacher and writing. My roots are anchored firmly in the town of Beulaville. Now you know



1967-1968 Officers, left to right: Brenda Terry, secretary; Dale Everett, parliamentarian; Wanda Brown, reporter; Judy Lindsay, treasurer; Toni Thompson, president; Karen Allen, vice-president; Judy McLean, historian; Delores Blackburn, recreation leader.

about me, but you don't really know me. I hope we'll get to know each other during the coming year.

Wanda Brown, *Reporter*

Hi Fellow FHA'ers, I'm Dale Everett, your state parliamentarian. I'm short with blond hair and blue eyes and I am a junior at Bath High School. I'm a cheerleader, member of the FHA chapter, Glee Club and Beta Club, FTA, and the annual staff. During the two years that I have been a member of FHA, I have earned the Junior and Chapter Degrees, and served as recreational leader of the chapter. While working for my Junior Degree, a friend and I helped teach music in the elementary grades. During our study periods, we enjoyed seeing the children participate in music. I love to sing, sew, talk, write, walk down dusty roads, cuddle kittens, and pick flowers. I live on a small farm with my parents and older brother. If I can help any FHA'er or their chapter in any way, feel free to contact me by mail at Route 1, Pinetown. Since I represent District I, I especially urge members in this district to call me if they need me. Let me leave you with a thought for living: "Smile, whenever you can. It doesn't cost a cent and the rewards are so bountiful."

Dale Everett, *Parliamentarian*

Hi, I'm Judy McLean of the West Henderson Chapter, your state historian. I represent District VIII located in the mountains of North Carolina. I'm just an ordinary, fun-loving girl eager to serve you! I live on a dairy farm in the Mills River community. My parents are Mr. and Mrs. John C. McLean, and the other members of my family are Boh and Penni. My interests are influenced by the fact that I live on a farm surrounded by 160 holstein cows. My own herd of cows has grown from one to ten. Other than FHA, I'm involved in Dramatics and Beta Club. At the state Beta Convention last year, I was elected the State Beta Secretary. I know all the state officers will agree with me in saying that we are enjoying serving you this year. We consider it a great challenge and we'll do our best. Attend the state convention next spring and I'll meet you then.

Judy McLean, *Historian*

Hello FHA'ers, I'm Delores Blackburn, state recreation leader. I've met many wonderful FHA girls and learned a great deal about the North Carolina Future Homemakers of America. I'm seventeen years old and a senior at North Surry High School. I live with my parents, Mr. and Mrs. Harley R. Blackburn, three sisters and a brother. Things I enjoy other than FHA are clubs at school. I'm a member of the Drama Club, Young Patriots, Monogram Club and the National Honor Society. I serve as co-chief of the Varsity Cheerleading Squad. The officers and other leaders of the FHA organization have helped me build character, and I sincerely thank each of you for giving me an opportunity to share in these experiences.

Delores Blackburn, *Recreation Leader*

1967

National



Meeting

BILTMORE HOTEL, LOS ANGELES, CALIFORNIA

The purpose of the 1967 National FHA meeting was to present ideas for state and chapter projects to 1,500 delegates. Outstanding speakers and youth leaders highlighted each program. The theme for 1967 "FHA . . . Opportunities Unlimited" focused attention on the role of women in the twentieth century. We were reminded that the responsibilities of women are multi-fold; not only including rearing a family, but participating in world and community affairs, contributing to family income and developing her own talents and interests.

The speaker for the opening session, Wesley P. Smith, stated that the most crucial mission and the purpose of FHA is both the collective and the individual role of each member. He praised homemaking as one of the most delicate, demanding, and distinguished occupations in the world. His concluding statement, "if you educate a boy, you educate an individual, but if you educate a girl, you educate a family," stimulated thinking.

A husband and wife team, Dr. Clara and Dr. Morey Apell, discussed the changing roles of each family member from early times to the present. Equal roles by husband and wife should be assumed in rearing children.

Dr. Grant Venn spoke about "Womanpower, USA" pointing out that there are unlimited career opportunities for women. He challenged the girls to recognize that they will be the "Womanpower" in the near future.

"The Many Sounds of Youth" presented by the Florida delegation, was a dramatic program which began with the cry of a baby signifying the beginning of life and a plea for

the understanding and acceptance of youth today in an adult world. Paul Peterson, singing songs of today, brought the "Sounds of Youth" to life.

Dr. Bernice Moore chose as her topic, "Confidentially, It's Up to You" and implanted the idea that a person becomes the type of person they want to be.

Another highlight of the convention was the performance at the Greek Theatre of Henry Mancini and his Orchestra and the Doodle-town Pipers.

The banquet in the Biltmore Hotel was a magnificent climax as the National President shared some of her memories. The Honorable Esther Peterson presented a colorful speech, "The Challenge of Choice." The grand finale of the National meeting was the formal installation of the 1967-1968 National Officers.

DELEGATES TO 1967 NATIONAL FHA CONVENTION



District I: Mrs. Catherine B. Ingram, Adviser, Dale Everett, and Jennifer Ross. District II: Mrs. Patricia Edwards, Adviser, Wanda Brown, Gail Bass. District III: Mrs. Mary Markham, Adviser, Judy Lindsay, Rita McNair, Kay Gilmore, Nancy Reeves, Penny Denby, Peggy Carter, Becky Barefoot. District IV: Mrs. Edythe Darden, Adviser, Brenda Terry, Toni Cohn, Geraldine Pitts. District V: Mrs. Sue Newsome, Adviser, Karen Allen, Deborah Nelson, Jane Curtis. District VI: Mrs. Betty Gamble, Adviser, Toni Thompson. District VII: Mrs. Ruth Waters, Adviser, Delores Blackburn. District VIII: Mrs. Ruth Jobe, Adviser, Judy McLean, Dorothy Tanner, Ronda Shuford. State Adviser: Mrs. Hazel G. Tripp.

Fond Farewell From Vonna

National Vice President
Southern Region



At the National Convention Vonna Viglione focused attention on North Carolina when she reported on her project "Team Up With Democracy." She

related chapter projects carried out last year such as speaking to civic organizations; babysitting on voting day; showing concern for the elderly by taking flowers, fruit, candy; and entertaining at rest homes. Vonna reported on projects with such enthusiasm that it seemed appropriate that she close with this, "Sometimes we just feel like standing on top of the world and shouting praise for our heritage."

An excerpt from a paper written by Vonna reveals the dynamic person she is: "As a national officer, I beamed with pride when the enthusiastic North Carolina delegation

at the National meeting served as an inspiration to others. My year as a National officer has come to an end just as my membership in the Future Homemakers of America has ended. But I will cherish the knowledge that together we will walk proudly toward the day when we become mothers, wives, or teachers. I shall forever treasure the memories of standing next to friends and fellow members as we pledge ourselves to meet new horizons. May your courage remain warm and sustaining and may your high hope remain unflinching, for you are America's future."

BOYS in FHA?

Occupational preparation is a new and important development in home economics education. Enrollment in classes preparing for gainful employment in occupations which utilize knowledge and skills from the home economics program is increasing. Are these students eligible for membership in FHA? The National Advisory Board and staff have reviewed the FHA program and have found it to be flexible enough to meet the needs of all students enrolled in home economics education—whether they are enrolled in courses for personal and family living or in those to develop occupational competencies.

All students in junior and senior high school home economics are preparing for the dual role of homemaker and job holder regardless of the type of course. All of these students, boys as well as girls, are eligible for membership in Future Homemakers of America.

* * *

The Hope Mills Chapter of the Future Homemakers of America has 12 new additions for 1967-1968, Home Economics for boys has been added to the curriculum; therefore,

Honorary Membership

The State FHA Constitution makes it possible to recognize a maximum number of four people who have made outstanding contributions to the FHA program in North Carolina. Do you know someone we should honor? Chapters are urged to write a letter to nominate any person whom they feel is deserving of this recognition. Please tell the name of the person nominated, contributions he has made in your district, and contributions he has made to our State organization. Please send your letter by January 1, 1968. The 1968 honorary members will be honored at the State convention on April 6.

boys are eligible to become FHA'ers. There is a change in activities since there are 12 boys in addition to 115 girls. The activities for the year were begun by a formal and informal initiation of the new members. The boys put their interests and talents on display when they entered products for competition at the county fair. Troy Davidson won a blue ribbon for the best piece of refinished furniture and Justin Smith won a second prize red ribbon for apple jelly. Sixty-four ribbons were won by the chapter.

* * *

The Home Economics class (716.2), a boys' class, at J. T. Barber High School (Craven County) made history by becoming the first organized group of boys to become members of the local chapter. The following officers were elected: Leander Hall, president; Randy Royal, vice president; Bryan George, secretary; Donnie Madden, treasurer; Ronald Pollock, parliamentarian; Ronnie Simmons, historian,

Johnny Lee Berry, reporter; Randy Royal, song leader; and Ronnie Simmons and Ronald Pollock, photographers.



Boys at Hope Mills: top left, Justin Smith, Nelson Ortega, Ronald Starling, Jimmy Council; 2nd row, William Adams, Danny Cottle, Donnie Reed; 3rd row, Rickey Houghton, Don Hanks, Al Bymun; Bottom row, Troy Davidson and Wayne Ivey.

State Executive Council

The 1967 FHA year began with enthusiasm when the State Executive Council held its first meeting July 20 and 21 at the Education Building in Raleigh. Their first task was to select a theme for the year, "FHA . . . Opportunities Unlimited." Two objectives from the National Program of Work were adopted as North Carolina objectives for 1967-1968—"Your Neighbors Near and Far" and "Individuality Counts." A third State project was selected for special emphasis, "Community Beauty Is Our Duty." They voted to print two issues of the North Carolina Future Homemaker this year with chapters receiving one for each member in the fall and one in the spring. Three copies of the history of the North Carolina Association will be mailed to each chapter in the spring. The Council discussed a meeting place for the State convention and voted to convene at the Memorial Auditorium in Raleigh, April 6. They are excited about special features for the convention.

FROM THE NATIONAL OFFICE

HELP!!!

The National office is requesting slides to be used in a presentation for the purpose of giving a general overview of the Future Homemakers of America organization. Do you have color slides depicting FHA activities in your chapter? We want slides showing FHA members working on projects or activities, presentation of degrees, or whatever shows FHA in ACTION in North Carolina. Captions indicating name, date, place, description of activity and other pertinent information should accompany each slide. Please send any slides you have now to the State office and indicate if you want them returned. Also continue to send them during the year. Please help get the activities of North Carolina FHA'ers included in the national presentation.

Pictorial Memories of 1967 District Rallies

"FHA Opportunities . . . Unlimited" was the theme used at eight District Rallies in the month of October, when 8,850 members received and provided information, inspiration, and entertainment as they interpreted activities related to the three state projects.

District I—College of the Albemarle, Elizabeth City, 613 present. Speaker: Mr. Ray S. Jones, Jefferson Standard Life Insurance Company. "Opportunities . . . Unlimited."

District II—Fike High School, Wilson, 1,371 present. Speaker: Mr. Sam D. Bundy, Principal of Sam D. Bundy School, Farmville, "It All Depends."

District III—Scotland High School, Laurinburg, 847 present. Speaker: Mrs. Lucille M. Carter, Assistant Home Economics Extension Agent in Rockingham, "Turkish Highlights."

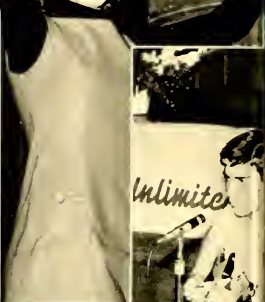
District IV—Campbell College, Buies Creek, 1,278 present. Speaker: Mr. Alton Buzbee, Director of Religious Activities, Campbell College, "Our Neighbors Near and Far."

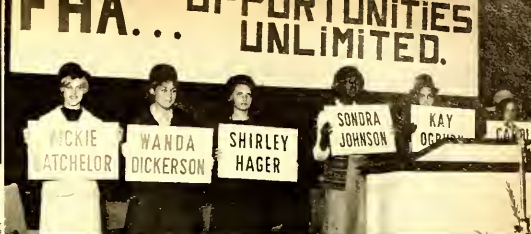
District V—Greensboro Memorial Auditorium, Greensboro, 1,174 present. Speaker: Judge James C. Johnson, Jr., Judge of Domestic Relations Court, Cabarrus County, "Individuality Counts."

District VI—Hunter Huss High School, Gastonia, 1,177 present. Speaker: Dr. Donald D. Moore, Director of Counseling and Pastoral Care, Southern Baptist Theological Seminary, "Confidentially, It's Up To You."

District VII—Greensboro Memorial Auditorium, Greensboro, 1,198 present. Speaker: Judge James C. Johnson, Jr., Judge of Domestic Relations Courts, Cabarrus County, "Individuality Counts."

District VIII—Brevard High School, Brevard, 892 present. Speaker: Mr. Robert Melvin, Chaplain at Mars Hill College, "Confidentially, It's Up To You."





Grow Through Degrees of Achievement

The degree program offers every FHA member the challenge to strive for self-improvement. Each member may select worthwhile goals which enable her to enrich her personal life and become an asset to her school, community and home. Initiative, responsibility, leadership, and self-confidence are valuable traits the FHA member should acquire while planning degree activities. The three degrees—Junior, Chapter, and State have been established to help FHA'ers reach maturity.

The State Degree of Achievement is the highest honor which can come to a North Carolina Future Home-maker of America. It is a coveted accomplishment and is not an easy task, but it is a satisfying one. The following guides are designed to help candidates working toward the State Degree of Achievement:

1. *Meet the deadline.* Have your Declaration of Intention in the State Office before November 15 with a plan of work. Remember that the purpose of degree work is to learn new skills, attitudes, and values; therefore, plan activities which will help you achieve your goals.

2. *Carry through with the activities* after plans are made. Develop and improve management processes as you go.

3. *Evaluate yourself* to see if you are increasing your self-confidence as you assume responsibility for activities.

4. *In the activities develop skills, knowledge and attitudes* in keeping with your age and grade level.

5. *Collect evidence and evaluations* for the final report. Evidence may include such things as pictures, signed statements, letters, sketches, fabric samples, and other tangible evidence. Evidence might be a picture of you in the library doing research. Written evaluations from any person supervising or helping with this activity will help to tell the story of your accomplishments.

6. *Only work accomplished* after earning the Chapter degree may be applied as credit for the State degree.

7. *Complete all projects prior to the final report*, which is to be sent to the area supervisor by March 1. Some projects will continue throughout life, but the candidate must set a date when her project will end so

GUIDES TO USE IN EVALUATING YOUR CHAPTER

Your Chapter:
Has members earning degrees
Has well-informed FHA officers and members
Carries out activity to promote interest in home economics
Promotes international good will
Promotes National projects
Renders service to school and community
Improves home and family living
Has every member and officer working
Is represented at district and state meetings
Has a chapter mother or chapter parents
Publicizes chapter activities
Keeps a chapter scrapbook
Uses good business procedures
Uses FHA rituals
Affiliates with State and National

that she may evaluate progress for a definite period of time.

8. **NEATNESS AND CORRECTNESS** are factors that determine approval or rejection of a degree. Some plans and final project reports have had errors in spelling,

sentence structure, and capitalization. Candidates should have enough pride in the degree work to strive for perfection in grammar and neatness. An English teacher may be consulted to check correctness and clarity.

9. *Advisers approve the plan and final report* by adding their signatures. This indicates that they have checked for neatness and correctness. They should not allow sloppy and meaningless incoherent plans to be submitted.

10. *The evaluation committee is composed of FHA members and Advisers.* Together they study and evaluate accomplishments under each standard. They compare the final report with the original plan of work.

11. Candidates should remember that quality work cannot be done without detailed plans and management. The evaluation committee members can readily tell which members gave careful consideration to project planning and which member scribbled something just to meet the deadline.

Evaluation ⇌ Redirection = Chapter Enthusiasm

FHA Chapters can become stronger and more efficient if members will take a careful look at activities. This "looking glass" should point up strong characteristics and reveal needed improvements. The ten questions below are a guide to help a chapter take a look at themselves. In answering these questions, chapter members should: (1) consider what each question means, (2) secure evidence supporting each answer and (3) answer each question honestly. The answers to these questions will indicate how a chapter rates. The points listed in Need To Improve will serve as a guide in making changes for improvements.

HOW DOES OUR CHAPTER RATE?

	Yes	No	Need to Improve
1. Is the FHA Chapter an integral part of the home economics program?.....			
2. Do members work for achievement of Junior Chapter, and State degrees for personal satisfaction?.....			
3. Does our chapter have a strong program of work based on State and National projects?.....			
4. Are democratic procedures used at all times in our chapter?.....			
5. Do we publicize our FHA activities?.....			
6. Are chapter members active, informed, and cooperative?.....			
7. Do chapter members grow and achieve satisfaction from activities, programs, and projects?.....			
8. Does our chapter contribute to and make use of FHA publications?.....			
9. Does our chapter participate in District and State activities?.....			
10. Is personal, family, and community living improved as a result of chapter functions?.....			

The Henderson County FHA chapters, (West Henderson, East Henderson, Edneyville, and Hendersonville High Schools) participated in a leadership workshop at Camp Arrowhead September 15 and 16 in Tuxedo. Mrs. John Bell, owner of the camp served the meals and participated in the programs. Mrs. Hazel Tripp, State Adviser, gave the keynote address which emphasized the development of leadership. The first day was devoted to "Better Publicity for FHA Projects." As a result of the workshop, the Henderson County FHA'ers will receive time on the radio publicizing FHA and realizing a profit. The newspapers will publish articles concerning FHA activities. The second day one officer from each school discussed responsibilities and duties of officers and members with a summary given by Mrs. Tripp. She discussed the value of planned activities and benefits derived from working for degree achievements.

* * *



Rowan County FHA members have been pitching in to make and stuff ditty bags for U.S. troops in South Vietnam. The gifts are scheduled to arrive in Vietnam in time for Christmas.

* * *

The Rockingham FHA Chapter (Richmond County) sponsored a "R.H.S. Leadership Day" in October inviting all officers in each club in the school to participate. The objectives were to (1) help student leaders recognize and understand their responsibilities and (2) develop good leaders for better citizens. Each officer was given a name tag identifying their office. The speaker, Mr. Tom Hunter, North Carolina Representative, opened the session using as a topic, "The Opportunities and Responsibilities of Community Leaders." The members divided into groups with specific officer responsibilities discussed.

* * *

Fourteen FHA Chapters in Rowan County are participating in the "Operation Santa Claus" project whereby U.S. servicemen in South Vietnam will receive a Christmas gift. The purpose of the project is to make the coming holidays a little less lonely and a little more fun for servicemen. The chapters are doing this as an activity related to the "Your Neighbors Near and Far" project. The Christmas presents that are the core of the operation are the familiar Red Cross "ditty bags." These 12 x 13 inch bags are made of bright green denim cloth

Chapter Chatter

with red drawstrings. The bags are filled with personal items, ballpoint pens, address books, tooth brushes in plastic holders, washclothes, plastic cigarette cases, combs, pocket size games, playing cards, plastic change purses, plastic bags, plastic soap dishes, and drink mixes.

* * *

Anne Chesnutt FHA members (Cumberland County) report that ideas gleaned from *Teen Times* are useful for local chapter programs. They have adopted plays and programs and presented them in the school and community. *Teen Times* articles keep them posted with the latest fashions and styles. The chapter used "Dress Up Your Room With A Personal Flair," as the title for an exhibit at the county fair. Inexpensive materials were selected from a local store and the following items were made and displayed in the proper room setting: dust ruffle and spread, cafe curtains, three pillow covers, a dressing table, and pillow cushion and cover for a chair. The booth received a blue ribbon and a cash prize of \$50.00.

* * *

"On the Move" describes the Greenville FHA Chapter (Pitt County) as they carry out a vigorous schedule of activities under the supervision of Mrs. Grace Carraway and Mrs. Roberta Allen. Organization began with the election of the officers: Susan Manning, Nancy Pate, Alice Dunn, Debby Clark, Conni Rowell, Barbara Fussell, Dru-Ellen Crawford, and Connie Pou. Many fun-filled Saturday mornings await the members as they clean up Ficklen Stadium after home games. Since the "litter lifters" are paid fifty dollars, FHA has high hopes of sending a delegate to the National Convention in Florida. The members decorated a float for Homecoming with shifts of workers making the project a big success.

* * *

FHA students at John Graham High School (Warren County) under the direction of the adviser, Emily B. Person,



refinished furniture as an activity related to "Community Beauty." Various pieces of furniture worked on were over 100 years old.

Rock Ridge FHA (Wilson County) won a blue ribbon for an exhibit at the Wilson County Fair. The theme was "Unwind Your Clothing Needs." In the center was a spool wound with red thread turning on a turntable. Leading out from the spool were threads that unwound toward pictures of girls demonstrating the theme—"Careful Planning: Wise Shopping and Proper Care." Girls assisting with planning and exhibiting this year's winner were Gail Wells, Beth Mumford, Rose Thorne, Ann Morris, Teresa Bunn, Suzette Rowe, Susan Liles, Jo Ann Barnes, Patsy Barnes, Connie Skinner, Kathy Lamm, and Annie Pearl Coleman. Officers and State Degree Candidates in the Rock Ridge Chapter are responsible for keeping interesting displays on the hall bulletin board. One very effective display used the title PAT-TERN YOUR LIFE WITH FHA AS A GUIDE.



Rock Ridge Fair Booth

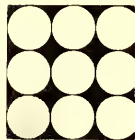
* * *

Queen Street Future Homemakers of America Chapter (Carteret County) activities have begun with 20 members enjoying a picnic. The members are selling Christmas cards to sponsor the annual Mother-Daughter, Father-Son banquet to be held in the spring. A magazine subscription sale is being conducted by the members trying to sell a good home-making magazine to each home represented in the school. The profits will be used by local FHA activities, the District Rally, celebration of FHA Week, and campus improvements.

* * *

A personal touch means much when Orange High Chapter members (Orange County) send Christmas cards to service men overseas. The recipient gets not only a card, but also a little of Orange County in the form of the sender's personal feelings and sometimes a bit of the Orange County environment. The only materials needed to make these cards are construction paper, clear contact wall paper, and an item of interest, such as beautiful fall leaves or favorite flowers. The procedure is simple. Cut construction paper in the size and shape of card desired, position the pressed article on the paper, and cover with the clear contact paper. It will be wise to find envelopes before shaping the paper for the cards. Envelopes may be made to fit unusual shapes if desired. This idea can be used for Christmas greetings or for attractive note paper.

North Carolina Program of Work



FHA . . . Opportunities Unlimited

Three projects were selected by the Executive Council for special emphases in FHA Chapters in 1967-1968. These projects are designed for chapter use to encourage all members to participate and will be particularly helpful to individual members working toward degrees of achievement.

OBJECTIVE: *To help each family member recognize his abilities and strive for his full development.*

PROJECT: *"Individuality Counts"—To stress the importance of the development of each individual.*

Individuality! Such a lovely word. To achieve success as a Future Homemaker, individuality should be the radiating light. God has given us the ability to think for ourselves, to be original and creative. People should be encouraged to express opinions and ideas and to make personal decisions. A real individual is one who is willing to stand up for his convictions.

SUGGESTED CHAPTER EXPERIENCES

- Have a "hobby day" at school and invite those having unique hobbies for a show-and-tell session.
- Invite a community leader to a chapter meeting to speak on individuality. He might use some quotes from famous people on individuality.
- Place a mirror in the school hall and put up posters encouraging students to look at themselves to determine if they are individuals or carbon copies.
- At a chapter meeting encourage everyone to write about a hobby or skill he does well and collect these ideas to be distributed to members for the purpose of stimulating others to begin hobbies.
- Encourage members to sponsor painting or drawing classes for small children in the neighborhood letting them work at their own rate of speed.
- Have a chapter program on "Why Be An Individual." Get someone to write a skit showing the importance of individuality.
- Have a guest speak on "How to Succeed in Business By Being Yourself." This gives chapter members an outside view of being an individual with original ideas.
- Have a program showing the importance of being the right kind of individual.
- Have a program on "Does It Count To Be An Individual." Discuss the pros and cons of being an individual.
- Select an appropriate way to find out the role individuals play in a family. Members should have an

opportunity to tell of their experiences of being an individual.

- Have a panel discussion on "Follow the Crowd," or "Dare Be Different" discussing such things as dress, recreation, possessions, and speech.
- Discuss how helping others helps one to grow as an individual.
- Have a discussion on when and why it is advisable to be a conformist and when and why, an individualist.
- Have a panel discuss the following topics:
 - a. What do I expect of myself as an individual?
 - b. What do others expect of me?
- Invite a speaker to discuss "The Worth of the Individual."
- Ask a speaker to discuss "Being You."
- Plan a discovery experiment. Organize buzz groups and ask each group to discuss how each individual can develop his potential abilities.
- Schedule a chapter program contrasting "Being An Individual" and "Being Different For The Sake Of Being Different."
- Have each member tell her future plans (1) ten years from now (2) 25 years from now.
- Arrange for a chapter program at which a panel of youth and adults discuss how young people can develop their own individuality rather than "following the crowd."
- Have each chapter member ask one adult why he or she feels that "individuality counts." Summarize the findings and report at a chapter meeting.
- Plan degree work to help develop individuality.
- Divide the membership into small groups and ask each group to prepare and present a skit on "Everyone Is Doing It," "Everyone Is Wearing It," "Everyone Has One," or "Everybody Is Driving."
- At chapter programs stress developing individual potential by reading "That Girl in Your Mirror" by Vonda Kay Van Dyke to broaden interests and knowledge.
- Encourage members to list those personal characteristics which one uses in expressing individuality.
- Have members take a critical look at themselves and see how friends and schoolmates influence them.
- Study biographies of famous people and determine the qualities of individuality which may have contributed to their success.

- Plan a personality party where each one dresses to represent a well-known personality.

OBJECTIVE: *To participate actively in projects for family, community, and world improvement.*

PROJECT: *"Your Neighbors Near and Far"—To understand, respect, and appreciate the heritage, customs, and beliefs of all peoples of the nation and the world.*

Have you ever felt sorry for an unfortunate person and yet helpless because you didn't know how to help him? If you have faced this problem, now is the time to act and do something worthwhile for someone! Future Homemakers can help to build world peace through international understanding.

SUGGESTED CHAPTER EXPERIENCES

- If your school has a foreign exchange student, plan a covered dish supper and have each member bring a favorite foreign dish. For the program, invite the exchange student to show slides and give a talk about his country.
- Have all chapter members collect stamps from used envelopes and give them to someone who collects them to help with overseas relief.
- Collect trading stamps from magazines and give them to an orphanage.
- Visit the nearest veterans hospital and give a program.
- Have each member write to a pen pal in a foreign country.
- At Christmas, send cards to boys from your school who are serving in the armed services. Write letters during the year.
- Help in Head Start programs.
- At Christmas collect items and select a family to do things to help them have a merry Christmas.
- Help children from other areas get settled into the routine of life in your school and community.
- Volunteer for help in hospitals for retarded and crippled children.
- Visit rest homes for the aged and take small gifts and give programs.
- Acquire pen pals in foreign countries, as well as in other FHA Chapters.
- Sponsor Trick or Treat for UNICEF at Halloween.
- Work with the foreign language clubs in your school to promote a foreign student exchange program.
- Support the March of Dimes and other worthwhile community drives.
- Invite exchange students to promote international good will with other countries.
- In discussing jobs and careers, distribute material on the Peace Corps and VISTA.
- Give banquets or parties featuring other countries through foods, decorations, and recreation.
- Select an orphaned child in another country and support him for a definite period of time.
- Make handmade gifts to send to foreign children for servicemen overseas to distribute.

- Send a card or greeting to servicemen during the Yuletide.

- Invite a foreign student in your school to tell about holidays in other countries.

- Plan a chapter activity to celebrate a holiday in a typical foreign manner.

- Sponsor a potluck dinner featuring favorite foods of many lands. Invite people who have traveled to share experiences with the chapter.

OBJECTIVE: *To participate actively in projects for the beautification of our home, state, and country. To promote the national project on National Beauty and Conservation through the individual efforts of members striving for the beautification of the community.*

PROJECT: *"Community Beauty Is Our Duty"*

As Future Homemakers we should strive to conserve the natural beauty around us, not only for our future lives but also for the improvement of our world. Since litter problems are at an all-time high, the North Carolina Association of Future Homemakers is urging clean-up campaigns.

SUGGESTED CHAPTER EXPERIENCES

- Sponsor a clean-up day in the local community with girls organizing into small groups. Committees will be assigned to different areas in the community.
- With the approval of the Principal, sponsor a clean-up hour at school or on a Saturday to pick up litter and beautify the school grounds.
- Select artistic people to prepare posters on "Clean-Up And Beautify" to put in halls and other prominent areas in the schools.
- Have an assembly program on "It's Up To You." Stress keeping America beautiful.
- Encourage individual members to beautify their mailboxes.
- Beautify the school grounds by donating trash cans and encourage use of them.
- Make bulletin boards using titles as "Teen Up And Clean Up," "Litter Bugs Me," or "Rid Litter Day."
- Use a large wire container and collect trash from the highway and put it in a conspicuous place with a sign "Could This Be Yours?"
- Attach signs such as "Batman Wouldn't Throw Trash" to trash cans in the elementary school.
- Encourage "Community Beauty Is Our Duty."
- Make litter bags and distribute at school.
- Write and present skits on beautification for various community groups.
- Make "catchy" posters to use in lavatories to promote cleanliness.
- Sponsor a yard beautification contest in the community.
- Plant shrubs, flowers, and trees in public places with permission of the community agencies.
- Prepare exhibits emphasizing beautification.
- Make bookmarks with a KAB theme for distribution in libraries.



National FHA Week March 31-April 6, 1968



*Dr. Catherine T. Dennis -
32 Years of Dedicated Service*

FUTURE HOMEMAKERS

★ North Carolina Association ★

It is with humility and pride that the North Carolina FHA'ers dedicate this issue of FUTURE HOMEMAKERS magazine to our own Dr. Catherine T. Dennis.

Now that our organization has reached adulthood, we look back with pride to the fine person who gave us guidance and inspiration during our "childhood" years and was present with words of wisdom when we faced problems in our "teenage" years.

Our sincere appreciation. . . .

Dr. Dennis, State Supervisor of Home Economics, has seen the North Carolina Association of Future Homemakers grow from 34 chapters with less than 2,000 members in 1943 to 562 chapters with 33,502 members in 1968. Her leadership has been felt at a national level as evidenced by the national honorary membership she received at the National FHA Meeting in Chicago in 1955.

With her dynamic leadership and outstanding abilities, Dr. Dennis has given North Carolina a most favorable reputation in the eyes of leaders in other states and all FHA'ers are very proud of her.

This dedication is our way of paying tribute to one who means so much to all of us and helps to express our sincere thanks for her loving devotion.



NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

STATE OFFICERS 1967-1968

President—Toni Thompson VI
Vice President—Karen Allen V
Secretary—Brenda Terry IV
Treasurer—Judy Lindsay III
Reporter—Wanda Brown II
Parliamentarian—Dale Everett I
Historian—Judy McLean VIII
Recreation Leader—Delores Blackburn VII

DISTRICT ADVISERS 1967-1968

Miss Catherine B. Ingram, Robersonville I
Mrs. Patricia Edwards, Rock Ridge II
Mrs. Mary H. Markham, Lumberton III
Mrs. Edythe Darden, Anderson Creek IV
Mrs. Sue Newsome, Western Alamance V
Mrs. Betty Gamble, Kings Mountain VI
Mrs. Ruth Waters, North Iredell VII
Mrs. Ruth Jobe, Rutherfordton-Spindale VIII

State Adviser

Mrs. Hazel G. Tripp
Membership 33,502
562 Chapters

STATE DEPARTMENT OF PUBLIC INSTRUCTION

Division of Vocational Education
Raleigh, North Carolina 27602

Get set! Get ready!

for National Convention

The Americana Hotel in Bal Harbour/Miami Beach, Florida
July 7-14, 1968

North Carolina Quota: 56 members + 14 adults = 70 persons.

Theme: "Citizenship—FHA's Challenge to Cherish."

Objective: To create responsible awareness and encourage worthwhile involvement of youth as citizens in the home, school, and community.

Travel Plans: Via train leaving July 7.

The meeting will open with a general session on Monday evening, July 8. The banquet, followed by the installation of officers, will be the closing event on Thursday evening, July 11.

The total cost of the trip to the National FHA Meeting is \$150 which includes sightseeing tours before and after the meeting and special entertainment programs.

Delegates will be grouped four to a room with adult delegates in nearby rooms. Chaperones will be "your Mother" during the entire trip to answer questions and give help if needed.

Best wishes TO CHRISTIE HAWKINS

North Carolina's Candidate for National Secretary



Christie

Christie Hawkins, daughter of Mr. & Mrs. John L. Hawkins of Shelby is North Carolina's Candidate for National Secretary of the Future Homemakers of America. Christie was selected by a committee of principals, teachers, and supervisors during an all-day interview in Raleigh when seven girls competed from districts throughout the state. Christie was also selected by the FHA candidates as "Miss Congeniality."

A message from Christie:

This year in FHA began with a blast and now the excitement of the National Convention is just around the corner. My year, too, blasted off with success because I was chosen to represent North Carolina as a candidate for National FHA Secretary.

Since you have chosen me, I would like to tell you something about myself. I am a junior at Shelby High School and plan to continue my education at Winthrop College majoring in Home Economics. My love in high school is FHA and Home Economics. Serving as Vice-President of the Shelby FHA Chapter has

given me "Opportunities Unlimited" to serve my home, school, and community through our FHA service projects.

I am a member of the National Beta, Future Teachers of America, Drama, and Arts Clubs in my school. These clubs give me a chance to keep up to date with other school activities. I enjoy sewing, reading, and playing the guitar. During the summer months, water skiing, sailing, and swimming are my favorite activities.

This summer I am looking forward to representing North Carolina at the National FHA Convention in Miami. Thank you for giving me this opportunity.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 31	APRIL 1	2	3	4	5	6
◀... NATIONAL FHA WEEK ...▶						

***Does your community know:
What FHA stands for?
Who North Carolina Future
Homemakers of America are?
The opportunities open
to them?***

National FHA Week, March 30-April 6, 1968 was the time when the FHA image was set forth by members across the State. The image showed young people who are working at being good citizens and good homemakers and who have an appreciation of the country in which they live and a desire to make it better.

The theme for National FHA Week was "Focus on Citizenship"; the objective was to encourage worthwhile involvement of youth as citizens in the home, school, and community.

National FHA Week was observed at the East Duplin Chapter with Judy Smith, Marie Jenkins, Mona Turner, and Edith Maready leading committee work. Two hundred members worked closely following suggestions of the committee in carrying out a week of activities.



Bulletin board display announcing FHA Week, Clementine L. Holden Chapter, E. E. Smith Senior High, Fayetteville, North Carolina.

The National FHA Week at Clayton Chapter (Johnston Co.) was filled with special events. To begin each day, the FHA presented a thought for the day over the intercom. On Monday a bulletin board was put up announcing National FHA Week. This brightened the school and promoted FHA enthusiasm. Tuesday brought a field day sponsored by FHA with the entire school invited to participate in the club competition. On April 4, Jill Stanley and Sharon Strickland taped a radio program concerning FHA at WMPM Radio Station in Smithfield. On Sunday, the radio program was broadcast at 12:15 on WMPM. National FHA Week was a fun-filled action-packed week for Clayton High School.

The Queen Street Chapter (Beaufort Co.) sent letters to ministers in the community informing them of the purposes of National FHA Week. They included a copy of the de-

votional for the Minister's approval they wanted to present during the Sunday service.

Devotional for Proclamation of F.H.A. Week March 31-April 6, 1968

As President of the Queen Street Chapter of the Future Homemakers of America, I would like to announce that we are observing "National F.H.A. Week." As one phase of our program members will give the devotional this morning in the churches in our school area.

Today we begin our program and activities. We realize that the leaders and members of any organization endeavoring to do their best will automatically influence not only those who participate but those who see and hear. With this thought in mind, I shall read verses taken from the Sermon on the Mount. Here Christ discusses the importance of influence. Matthew 5: 14,15,16.

Salt and Light

"You are like salt for the earth. If the salt loses its taste, there is no way to make it salty again. It has become worthless, and so it is thrown away where people walk on it.

"You are like the light for the world. A city built on a high hill cannot be hid. Nobody lights a lamp to put it under a bowl; instead he puts it on the lamp-stand, where it gives light for everyone in the house. In the same way your light must shine before people, so that they will see the good things you do and give praise to your Father in heaven."

This poem came to a high school girl one Sunday morning as she sat in church and heard her pastor speak on the influence of individuals:

Some time ago, I went to church
Not feeling very bright
The day before had all gone wrong;
I hadn't slept that night.

Somehow I dragged through Sunday school
And stayed for service, too,
But just to breathe enough to live
Seemed all that I could do.

Then, going out, I passed a girl
Who saw that I felt blue;
She said, "Hi there, we play grown-up a lot,
And I always play I am you."

At first it so surprised me
That I could hardly see,
To think that such a tiny girl
Would want to be like me.

I thanked her for the compliment
And slowly walked away;
I felt much better, lifted up,
I saw where my path lay.

For she taught me a lesson
I had never fully know,
That someone else would help me reap
The crop which I have sown.

Since then I've tried to say what's right
To think what's right, and do
Exactly what I'm sure I'd have
That little girl to do.

And when I am tired or worried
And feel that no one is true
I remember "Hi there, we play grown-up a lot
And I always play I am you."



Active F.H.A.'er Selected Homemaker of Tomorrow

Kathryn Ann Bowen of the Union High School FHA Chapter (Sampson Co.) has been selected state Betty Crocker Homemaker of Tomorrow, and will receive a \$1,500 scholarship from General Mills. Kathryn ranked first among 15,762 senior girls in 407 of the state's high schools. In April she and her Home Economics teacher and FHA adviser, Mrs. Helen Vinson, will tour Washington, D. C.; Williamsburg, Virginia; and Minneapolis, Minnesota with the winners from the other 49 states. The climax of this week of events will be the announcement of the All American Homemaker of Tomorrow.

Kathryn, an active FHA'er has served as Vice-President and President of her chapter and earned her State degree this year. She was a delegate to the 1966 National FHA Convention in St. Louis, Missouri. Kathryn says, "the National Convention was the most exciting and meaningful experience in my life working, planning, and sharing ideas and dreams with other FHA'ers. At the convention I saw tomorrow's homemakers and mothers planning for the future and preparing for roles as responsible adult members of society.

We have a challenging task ahead — that of living in a complex society. We, the Future Homemakers will be the mothers of those who will face an even more complex and pressured society, and it will be our responsibility to help our children develop a sense of religious, social, and moral values that will insure the continuation of sound principles and standards in life. To me, no other organization has done or is doing more than the Future Homemakers of America to prepare young women for the responsibilities of the future.

"Our North Carolina Association of Future Homemakers represents one of the most active groups of young people that I've ever come in contact with, and I think that our Association is to be congratulated for a continuous job well done. When I represent North Carolina in the national competition for the Betty Crocker All American Homemaker of Tomorrow, I shall be representing all North Carolina FHA members, for I feel that FHA completes and really activates the Homemaking Education program. I shall do my best to represent you well, FHA'ers, for I think that FHA is 'the greatest'."

Bath FHA Chapter Focuses on Citizenship

March 31 to April 6 has been set aside as National FHA Week and is being observed by the Bath High School chapter members.

Bath FHA'ers began on Sunday when chapter members attended church services together at Rosemary Church of Christ.

Other activities for the week were: a social hour to honor faculty members; a school clean up campaign, and an entertainment for eighth grade students.

The annual Mother-Daughter social was a highlight. "Anchor Aweigh with FHA" was the theme of the banquet when they entertained their mothers.

Honorary membership in the national organization of Future Homemakers is conferred to those people who have made a special contribution to the club. This year two people were honored in this way: R. B. Forbes, principal of Bath High School, and Mrs. George D. Ross, Jr., mother of the chapter president. In a ceremony they were given the chapter emblem in the form of a key chain and a pin.

Mrs. Swindell, adviser, was in charge of presentation of awards. The Crisco award, to the girl who has made the biggest contribution to the total FHA and home economics program during the year, was given to Dale Everett, chapter and state parliamentarian. The Betty Crocker Search for the Homemaker of Tomorrow was awarded to Brenda Cutler, a senior who

made the highest grade on the Betty Crocker test.

Argie Everett, chapter vice president, introduced Dale Everett, a state FHA officer who told of her experiences as a state officer. Dale spoke to the group on the topic, "How I rate as a Family Member."

As the program continued Jennifer Ross and Dale Everett presented a skit, "On the Good Ship FHA." They unfolded the year's program of work as they took the group on a voyage aboard the good ship FHA. With music and colorful posters they entertained the 240 mothers, members and guests.

To complete the evening's program, Sharon Cox, chapter treasurer, and Amelia Craig, recreation leader, led the mothers in a contest consisting of questions concerning the FHA goals: "Community Beauty Is Our Duty," "Individuality Counts," and "Your Neighbors Near and Far." The winning mothers received prizes from some merchants of Washington and Bath.

To add to the merriment the group joined Margaret Ann Davis, Melitta Woolard, and Amelia Craig, Sharon Cox, Glenda Butler, Jennifer Ross, and Dale Everett in a sing along, singing rounds and FHA songs.

The president led the group in the closing ceremony, and the assembly was adjourned.

HAPPINESS

IS EARNING

degrees

Guidelines for State Degree Work

- Write to the State office for the standard revised form for filing your Declaration of Intention. You may not submit a plan without the proper form from the State office.
- When submitting a Declaration of Intention to the State office, it is necessary to include a plan with signatures of the principal, degree chairman, and adviser.
- Be sure to include information that shows that you have proper qualifications for working toward a State Degree as given on pages 19-20 of the *Handbook for North Carolina Association of Future Homemakers of America*: "A FHA member holding the chapter degrees may earn the State Homemaker Degree (a) when she has held a Chapter Homemaker Degree for at least one year, (b) has a three-year record of active membership in a local FHA chapter, and (c) has satisfactorily completed at least two years, (four semesters), of homemaking instruction beyond the eighth grade."

Stated Goals are Necessary:

Select two or three goals under each standard and show specific ways of carrying these out. When the final report is sent in, it is REQUIRED that signatures of various people (a principal, teacher, adviser, community leader, pastor) along with a written statement from them giving evidence that you successfully completed the goal as stated.

When Should State Degree Work Begin?

No work done on projects before submitting plans to the State office can apply to the degree. All projects must be completed prior to making the final report which is due one month prior to the State Convention. Since the State Convention is usually the first week in April, final reports will be due in the area supervisor's office before March 1.

Evaluation of State Degrees:

Committees are selected in each District to evaluate the plans and final report for the State Degrees. This committee is composed of the Supervisor, District Adviser, State Officer, and advisers and members from four or five chapters in the district. If a member from a chapter on the evaluation committee is applying for a State Degree, her degree is given to another committee for evaluation. The evaluation committee reviews the report to see if the following points have been met successfully:

- Goals carried out as stated in the plan.
- Evaluation by a person related to the activity is required. This evaluation should contain evidence of how the project was carried out and how well the candidate followed through with stated goals.
- Evaluation by the candidate: The evaluation of each activity should contain evidence of personal progress and personal growth of the individual.
- Neatness and Correctness: Some plans received have had errors in spelling, sentence structure, and capitalization and even poor typing. Others were in pencil or written so poorly that judging them was difficult. State degree candidates should be concerned enough to submit perfect plans (as far as neatness, evidence, evaluation) are concerned. It is advisable to submit their work to an English teacher for correction before submitting the final project. Candidates should show creativeness and originality when submitting the final report.

Adviser's Approval:

Advisers should plan with candidates, giving help with selecting goals and projects under each standard. Advisers who sign plans without checking for neatness and correctness are in error just as much as the candidate. They are saying by their signature they believe the plan is worthy of State degree work. They, too, should take pride in the degree plan and final report and not allow sloppy, incorrectly-stated plans to be submitted. Standard No. 11 has been added to the Declaration of Intention which states: "Teacher's signature (Adviser's reasons for justifying Declaration of Intention and Plan of Work. Be specific describing characteristics of applicant.)"

Typed or Written?

It is not required that the plan and final report be typed but is strongly recommended.

Plans Should Be Made Early:

Late spring or early summer is the best season of the year in which to file your Declaration of Intention and Plan of Work for working on the State Degree. Candidates who wait until school begins have lost valuable summer days when many worthwhile projects could have been carried out. They will have only a few months left in which to carry out their projects and submit the final report. If members will submit their plans early, they will find all aspects of the State degree much easier and more rewarding. Remember! no work done before plans are submitted may be used! Candidates should remember that the State Degree is the highest honor that can be awarded to a North Carolina Future Homemaker; therefore State Degrees are not "given" in a silver spoon. They are earned. If a member is working for growth, she will have the will-power to do a project over until it meets all requirements. She will learn that experience gives her skills. She will learn to communicate with people. She will learn to plan, apply herself to complete the task and then take a look at what has been accomplished. Her honest evaluation of a job is the final test of growth.

The Degree Record:

A degree is a record of growth and should reflect personal growth and progress. One picture is sometimes worth a thousand words in conveying an idea. Use pictures and newspaper articles to add spice and authenticity to your degree, but don't send in a "scrap book." Remember — Quality is desired rather than Quantity!

It is fascinating to find out how much FHA degree work resembles a baseball game. All you need for this ball game is a little thinking power and imagination. If you feel up to a tough ball game, follow me!

First, we see the tough crew in the dug-out. We notice that they are trying to help each other. This is what we call teamwork. Suddenly, a young ambitious girl walks up to the bat. She straightens her cap, grabs the bat, and WHISH, there go the ideas, or in your language, the ball. There she goes around first degree, second degree, third degree, HOME! Before you know it, we have another top grade HOMEMAKER.

We have looked at our team, now let's look at our opposing force. In our game, the opposing force is really helping us. On the pitcher's mound we see three different pitchers. There is our teacher in the middle. She is throwing those ideas fast and hard; she really knows how to make a strike. A little to the side we see our parents. They are helping us, well, They throw fast curved ideas. Well,

STATE DEGREE EVALUATIONS

Wanda Brown, State Reporter

A committee of chapter members and advisers met at Rock Ridge High School to review applications for State degrees in District II. Members of the committee reviewed many excellent degree applications, but regretfully found a few that did not meet requirements. In light of what we viewed at this evaluation meeting, I would like to make some suggestions to the girl who wishes to work toward her degree next year.

- The degree should be typed, using double spacing. Emphasis is placed upon neatness. A sloppy degree has a strike against it to begin with.
- The degree should be free of typographical and grammatical errors. It is wise to have an English teacher correct the degree before the final copy is typed.
- Do not use abbreviated forms of organizations.
- Follow the plan of work. If you leave out something, explain why.
- You should select more than one goal for each standard, but if this is not possible, you must have at least one. *No standard may be left out.*
- Include pictures, diagrams, cloth samples, or anything to make your degree more interesting and factual.
- Be sure to get all signatures and written evaluations from other people for each standard.
- Keep everything organized. Don't jump around.
- Finally, review the degree with the adviser before you mail it. She is there to help you, and her suggestions will be most valuable. She should give reasons for recommending approval.

These are a few guidelines to help you earn your degree. Remember: NOW IS THE TIME TO BEGIN WORK FOR NEXT YEAR! An overnight job is usually an incomplete job. Good luck!

Keep the State Degree Ball Rolling

Linda Bynum
Richlands Chapter

what's this? There're our friends. How did they get out there? They must have thrown a quick, swift idea when we weren't looking.

The other part of our opposing force stands all around in the outfield. One of our girls hits the idea, but it rolls over to second degree. To everyone's surprise, she was not put out. She was not put out at first or junior degree, but sent to second or chapter degree. The pitcher warms up. There goes the idea. Bat — the idea hit hard on the bat. This time the girls make it to third, or state degree, and head for HOME.

There is no way that the girls can lose unless they give up. I guess that we

will leave the game now because we already know the results. If all the girls keep with the team, and show good sportsmanship, they will no doubt win. If you believe in our little baseball game, won't you please help support your local FHA ball club by helping all the girls. Perhaps you can persuade some girls you know to join our ball club. As you see, we do keep the state degree ball rolling.

THE LAND OF ACHIEVEMENT DEGREES

(JUNIOR HOMEMAKER)

Little Miss Homemaker, quick as a breeze,
Came to the land of Achievement Degrees.

As she skipped down the path, she met a bright key,

The symbol that stands for Junior Homemaker Degree.

"I'm the symbol of Junior Homemaker Degree,

Learn the Motto and Colors, if you would have me:

Know the Flower, the Emblem, and remember the Creed

And parliamentary procedure, so you can lead.

A few little projects will help you be A good little homemaker who wears the key."

(CHAPTER DEGREE)

Little Miss Homemaker, quick as a breeze,

(Continued on page 10)

FHA Day on Radio

Want to publicize your organization and have fun doing it? Try radio announcing! That is what FHA'ers in Henderson County did October 28. From 9 o'clock in the morning until 5 in the afternoon, members of three chapters in the county (Edneyville, West Henderson, and East Henderson) participated in what was called, "FHA Day on

Radio." The voice of Future Homemakers was heard over station WHVH in Hendersonville. During the nine-hour broadcast, FHA'ers spoke of the purposes and goals of their organization, activities of local chapters, and State and national projects. The Associated Press carried news of the event throughout the country. Besides experiencing all the fun and excitement of radio announcing and publicizing FHA, the day on the radio proved to be financially rewarding. Several weeks before going on the air, FHA'ers sold radio spots for advertising to various businesses and organizations. With the addition of several contributions, the total amount nearly reached the \$600 mark. The money was divided and given to the chapters to be used for activities and projects. "FHA Day on Radio" not only brought recognition to the organization but also contributed to individual chapters. The Future Homemakers in Henderson County hope that they have introduced a new activity which will be of interest to other chapters.



FHA Day on Radio with Emily Wiggins, Velma Freeman and Janice Nelson.

FHA Chapters Active in State Projects



Vivian Henderson and Gayle Morris are admiring shrubbery given by FHA'ers in 1963.

PROJECT:Community Beauty Is Our Duty

Landscaping

Mr. Louis Melsheimer, a resident of Statesville and a retired chemical executive for the American Cynamid Company in New York, talked and showed slides to the South Iredell Chapter (Iredell Co.) on the topic "Community Beauty Is Our Duty." He has been a gardener for many years and has studied landscape design. Mr. Melsheimer kept the girls spellbound with beautiful slides. He was able to make a comparison of scenes noticed daily. He showed some of the unsightly scenes in towns and communities and some of the beautiful scenes. As he showed the slides and talked to the group, members realized that there are little things that an individual as well as a group may do to improve surroundings. As a climax to his talk, he showed slides of his own beautiful garden inspiring each member to work harder to achieve success in the project "Community Beauty Is Our Duty."

Planting Rose Bushes

On the move describes the Upchurch FHA Chapter of Raeford (Hoke Co.) The chapter chose for one of its projects this year "Community Beauty Is Our Duty." With the assistance of the Future Farmers of America, they planted rose bushes around the new home economics building. The girls are all very eager to see the results of the bushes in the spring. They sold refreshments at basketball games to collect money to buy rose bushes.

Litter Bugs

Community beauty is our duty! The East Duplin Chapter girls saw the im-

pact of this statement when they watched the film "Let's Keep America Beautiful." The film showed how people unconsciously become litter bugs and at the same time criticize other people whom they see throw litter on the highways. It gave steps to remedy the situation and challenged each person to take part and to help keep this great country of our beautiful and free from litter. June Smith, President of the East Duplin Chapter of FHA, urged the members to take to heart what they had learned from the film. The girls divided into groups and agreed to clean different areas of the school grounds. They carried out this project and improved the appearance of the school, a very vital part of the community.

Clean-Up Poster Contest

Future Homemakers should strive to conserve natural beauty. Since litter is at an all-time high, the Clayton FHA Chapter (Johnston Co.) and the Student Council chose as a project "Community Beauty Is Our Duty." In order to carry out this project Jill Stanley, program leader, challenged us at the February meeting with a clean-up poster contest with every member participating. Peanut brittle candy was given to first place winners who were Mary Moss, Marilyn Harmon, Ginger Morgan, and Pattie Williams. The judges were Mr. Glenn Nixon, the Clayton coach, and Mrs. Avery, a teacher. The posters were judged on neatness and originality and placed in the school halls so everyone would recognize the fact that cleanliness is important in the school.

Dads Night

The Coats FHA Chapter (Harnett Co.) honored the members' fathers by presenting "Dads Night." Members of the chapter performed for the fathers a skit entitled "Miss Community Beauty."

It related to one of the State goals — "Community Beauty Is Our Duty." The skit was a comedy in the form of a beauty contest in which the contestants showed how to stress community beauty. Contestants in the contest were as follows: Miss Petunia Turlington, Miss Piney Lamm, Miss Trash-Can Denning, Miss Sweeper Byrd, Miss Clipper Daniel, Miss Holly Wolf, Miss Sling Weeds Trogden, and Miss Progressive Farmer, the sponsor of all the girls. Each contestant dressed comically according to their name. After the contestants were introduced, they were examined by the judges. Later the winner was announced to be Miss Progressive Farmer since she sponsored the contestants and performed a large portion of the work done to beautify our community.

The Pine Forest Chapter (Cumberland Co.) has been busy landscaping the school grounds at their school in connection with the objective "Community Beauty Is Our Duty." During the year Pine Forest has had three speakers discussing this objective. In February, the FHA chapter sponsored a ball game and made \$150 for the landscaping at Pine Forest. In March, the principal, the architect for the school, a nurseryman and FHA advisers decided on the location and kind of trees and shrubs to be planted. On March 20 all of the shrubs and trees were planted. Members of FHA are responsible for watering the plants twice a week. The interest created by this FHA chapter has caused two other clubs at Pine Forest to contribute to this project also. Approximately \$300 has been spent on this project.

Students and teachers are enjoying watching new growth on the trees now. Some of the trees selected were dogwood, magnolia, birch, maple, holly, pine, Chinese fir, crab apple, and junipers. A red maple was given to the school by a nursery which was planted on Arbor Day.

PROJECT: *Your Neighbors Near and Far*

To understand, respect, and appreciate the heritage, customs, and beliefs of all peoples of the nation and the world.

Happiness

Happiness is . . . "Your Neighbors Near and Far." Happiness is sending Christmas cards to boys in Vietnam. Happiness is receiving a Christmas card in Vietnam from people of the United States. The Coopers' FHA Chapter (Nash Co.) thought it was "happiness" to send a Christmas card to 165 boys in Viet Nam. The names and addresses were taken from the Evening Telegram. Each FHA'er was willing to sacrifice time to help send those envelopes of happiness.



FHA members addressing cards to send to Vietnam.

Better to Give Than to Receive

The Seagrave Chapter of the Future Homemakers of America (Randolph Co.) were very busy this Christmas with "Operation Santa Claus." The purpose was to help a needy family know the real joy of Christmas. The members contributed clothing, toys, foods, and other little essentials like thread, buttons. At the December meeting gifts were wrapped in gay Christmas paper and ribbons. The gifts, along with a tree, were delivered by a group of the girls and the adviser. The sparkle in the children's eyes made the project very worthwhile.

Service Projects

Each month the Stedman FHA'ers (Cumberland Co.) carry out the national goal "Your Neighbors Near and Far" by sending packages to the servicemen in Vietnam. FHA'ers contribute cookies, books, stationery, and other essential items. A special project was planned at Christmas and on Valentine's Day as FHA members sent cards with personal messages with their return address enclosed. The members have been rewarded many times by the heartwarming letters they have received.

Making Others Happy

To carry out the State project, "Your Neighbors Near and Far," The East Duplin FHA'ers divided into three groups. The first group adopted five needy families and gave them a merry Christmas. The girls brought food, toys,

and clothing to school and packed the articles attractively. These articles were delivered to the five families and each girl's heart was warmed by the appreciation and happiness seen on the faces of the family members. People in the hospital are neighbors, too. Another group of FHA'ers made eye-catching tray favors. These were delivered to Duplin General Hospital and used to brighten up the food trays of the patients. Another group of members remembered the aged people in our community. This group made delicious candy and carried it to Whaley Rest Home. Their small amount of work was greatly rewarded when they saw the happiness it brought to these aged and sometimes forgotten people. The flowers used at the Parent-Daughter Social were taken to this home for the aged. The women were delighted that they had been remembered again. They seemed to enjoy the beauty of the flowers.

Life in a Foreign Land

"Your Neighbors Near and Far" was the objective put into full swing when the Bath Chapter (Beaufort Co.) invited two former students to appear as guests for two monthly FHA meetings. A missionary in Jamaica, Mr. Guy Whiteley, presented a special collection of experiences after nine years of work in a land far different from ours. Mr. Whiteley directed a group of FHA'ers in presenting a skit as a means of interpreting native life in Jamaica through songs, costumes, language, etc. Colorful slides were used to emphasize special habits, customs, etc. of these people of another country. This particular program was shared with the entire high school student body as the Bath members explored with their special guest, Mr. Whiteley, "Neighbors of Jamaica." On another date their guest was Mrs. Eillene W. Van Wyke who brought slides which she showed as she shared with FHA'ers her visit to the Netherlands, her husband's native land. Mrs. Van Wyke told of many experiences as she and her family learned of the country and its people as they became acquainted with their relatives. She left the group feeling that they had been on an armchair tour of the Netherlands, observing their culture and country. These two presentations gave Bath members a chance to visit far away places and to learn of people of other lands.

Exchange Students

The Hendersonville Chapter (Henderson Co.) of the Future Homemakers of America recently participated in a plan to invite all American Field Service exchange students in North Carolina to Hendersonville and live in the homes of Hendersonville High School students for one weekend. It was decided that the weekend would take place during Brotherhood Week — February 22-25. The FHA girls volunteered to prepare and serve the food for a cook-out on Friday and a dance on Saturday. This project offered an opportunity to plan and complete two activities related to the State project, "Your Neighbors Near and Far." Many of the local service clubs in town and the school organizations helped to provide food by either a

donation of money or time. As members worked together they found great satisfaction by giving a part to establish a lasting relationship with foreign friends. All were quite surprised that the AFS'ers had been able to capture everyone's hearts and admiration during a short visit. The weekend left many with the sincere wish that the understanding and good will established by the representatives of 21 countries could be found throughout the world.



Chorus and Band from Germany, England, Thailand and France

Hawaiian Holidays

The Pine Forest Chapter (Cumberland Co.) held their Mother-Daughter Banquet in March with the theme "Hawaiian Holidays." A Pine Forest student provided entertainment by singing "To Sir with Love." The school cafeteria was decorated with fish net and sea shells surrounding a grass hut and palm trees. Each member and her mother wore a flower in her hair. The President, Becky Barefoot, presented degrees to those who had earned them. Mrs. Chris Ingram, district manager of the Avon Company, was the guest speaker. She was well acquainted with the customs of Hawaii since she had lived there for several years. Mrs. Ingram, wearing a mu-mu, presented a talk on the life and climate in Hawaii. This program was correlated with our project, "Your Neighbors Near and Far."

Around the World

Future Homemakers at Person County High took an imaginary trip around the world in December. Ten girls dressed in



Person County FHA'ers in costumes from different countries.

costumes from different countries described their costumes and discussed their country. Catherine Blackwell was chairman of the program committee. Participating in the program were Gail Dickens, Austria; Carrie Royster, French

China; Bertha Russell, England; Diane Carver, Germany; Lottie Barnett, Italy; Francina Matthews, France; Cornelia Matthews, United States, Mary Johnson, Finland; Carolyn Cousin, China; and Patricia Spencer, Sweden. Following the imaginary trip, refreshments were served which were foods populated in some of the countries visited. The program enabled the FHA members to learn more about neighbors and friends far and near which is one of the FHA State objectives for the year.

PROJECT: Individuality Counts

To stress the importance of the development of each individual.

"But Dad, Everybody Drives"

The North Stokes FHA Chapter presented a skit, "But Dad, Everybody Drives," at the February meeting. The objective of the skit was to stress to the students the importance of the development of each individual. This skit was an activity carried out in connection with the State project, "Individuality Counts." The project "Your Neighbors Near and Far" was carried out in the North Stokes Chapter with the Rev. Alberto Rodriguez as guest speaker at the November meeting. He discussed the differences between social and religious customs in Cuba and the United States. Mr. Rodriguez is a Cuban refugee and has been in the United States for six years as a minister of the Danbury Methodist Church. At Christmas chapter members collected clothes and toys for a needy family in the county. Chapter members visited a rest home for the aged. There were thirty patients in the home, and thirty committees composed of four girls on each committee made gifts for the patients. A Christmas carol program was presented.

Improving Home Economics Department

Realizing that one of the State projects this year was "Community Beauty Is Our Duty," the Benson FHA'ers (Johnson Co.) decided to start with improving the home economics department. The department had chairs that had been



Benson FHA'ers working on covering chairs

there since the department was organized. Quite frequently you would see a girl pushing a chair aside and seeking a modern and comfortable one. Since

the old chairs were sturdy and could not be disposed of, the girls decided to secure an antiquing kit and antique the chairs in a cinnamon woodtone. Foam rubber was bought to make a comfortable chair bottom and back. These were slip covered in a burnt orange, adding warmth to the department. Sheer curtains were made for the doors and a wall hanging out of drapery material was made to hang over the sofa in the living room area. The wall hanging repeated the colors found in the sofa. All in all, the girls feel as if they have added beauty to their department.

Miss FHA Sweetheart

In promoting the theme "Individuality Counts," the High Point Central Chapter (Guilford Co.) crowned their Chapter FHA Sweetheart, Miss Phyllis Cashett, at a semi-formal Sweetheart Ball. "Miss FHA Sweetheart" was chosen from and elected by all the local chapter members on the basis of club participation, personality, and appearance. Colorful decorations and refreshments set the mood for an evening of entertainment with music being furnished by a local combo "The Peanut Gallery."



L to R — Kathy Jane Valentine, Faye Huggins, Phyllis Cashett (Sweetheart), Eaddie Terry, Myra Brown, and Gertha Sawyers.

Artistic Skill Wins Award

"Individuality Counts," says Miss Yvonne Warren of the Stedman FHA Chapter (Cumberland Co.) as she proudly displays the blue ribbon awarded her at the Cape Fear Fair this year for her prize winning cake. Yvonne learned the basics of cake decorating in her home economics class last year and has followed up her training by developing her artistic skill at home. Recently the faculty honored a retiring football coach, and Yvonne decorated a cake like a football field for the event, complete with goal posts and yard lines in the school colors.



Yvonne Warren displays blue ribbon cake



Future Homemakers of America members at Queen Street School sort clothes collected by the Student Council to determine which should be mended, laundered and ironed for a family on the Laurel Road, whose home was lost by fire. Left to right are Nellie Pasteur, Tonya Chadwick, Mrs. David Beveridge, advisor; Trudy Becton, Sheila Nolan, Chelsea Morris and Catherine Oden.

KEEP THE BALL ROLLING

(Continued from page 7)

Still in the land of Achievement Degrees, With one feat accomplished was traveling on, She met there a scroll standing alone. "You've made your first step, you've one degree. Now do you think you are ready for me? You know all the background for FHA; now— Help others to understand, interpret, and learn. Through all your endeavors let it be shown That you've grown in community, chapter, school, and home."

(STATE DEGREE)

Little Miss Homemaker, quick as a breeze, Deep in the land of Achievement Degrees, Was feeling quite good with two over one, The torch appeared as bright as the sun. "You've earned two degrees, now for the last. You've a two year record of activities past. Participate outstandingly in State FHA. Show definite improvement from the very first day. You'll truly enjoy it, I'm sure you will say And you'll help many others along your way."

THREE STATE HONORARY MEMBERS RECOGNIZED

The North Carolina Association awarded honorary memberships to Mr. Wesley Floyd Veasey, Superintendent of Beaufort County Schools; Miss Katherine French, Home Economics professor at Catawba College; and Miss Jenny Lanning Talton, a former National officer who served as moderator last year for our Pageant giving highlights of the past 21 years of FHA.



CONFIDENTIALLY,

It's up to You

By DONALD D. MOORE

Director of Counseling and Assistant Professor of Pastoral Care
Southeastern Baptist Theological Seminary, Wake Forest, North Carolina

(Adopted from an address to the District VI Future Homemakers of America Rally, Hunter Huss High School, Gastonia, N. C., October 21, 1967.)

The assigned topic is an interesting one from several perspectives. By training, I am a psychologist; by experience and specialization, I am a marriage counselor. By your leave, I'd like to approach this topic from the perspective of a marriage counselor to focus on your roles as future homemakers—sharpening the focus to your individual roles as a future wife and mother.

Almost all of you will marry within the next three to seven years. Let's begin with a basic premise: What you do with your future and with your opportunities for the most part is up to you. In other words, you can do what you want to do; you can be what you want to be.

Narrowing the focus to preparation for marriage, you are seen in decisively fortunate positions which afford you the opportunities for making adequate preparation for your marriages. Isn't it curious that people will spend so much time preparing for the wedding (which will last maybe twenty minutes) and so little time preparing for the marriage (which—ideally—they hope will last throughout life)?

Just one important aspect of early preparation for marriage involves the clarification of and the working through of misconceptions about marriage. Maybe the best use of our time will be to examine some of what have been called the "Great American Lies About Marriage" or "Modern Myths About Marriage."

1. Marriage means automatic happiness. This is a myth because marriage does not solve personal problems. Often when a happy person marries an unhappy person, soon both are unhappy.

2. Marriages are made in heaven and there is a "one and only" for each person in the world. This is a double-barreled misconception because: (a) marriages are contracted between human beings and must be *worked* at for success; and (b) there is no "one and only" for anyone in life. Actually, any basically well-adjusted man could marry any basically well-adjusted woman, and if they *worked* at it, their marriage could

be successful. The obvious keys lie in the basic adjustment and in the "working at it."

3. Love is all that matters. This is a fairly common example of faulty thinking by people who are about to get married. Love is very important but, it is by no means all that matters. So many things are important of marriage.

4. The first one or two years of marriage will be a blissful honeymoon. Actually, it takes most couples from one to two years to make satisfactory physical, psychological and emotional adjustments to each other. Usually the first two years are the most difficult years of marriage.

5. A good sex life means a happy marriage. This is not necessarily true. A good sexual adjustment is basic to a happy marriage, but it alone does not assure marital happiness or success. Far too many people today view sex as a duty of the wife in marriage. Sex should be looked upon for the opportunity for total fulfillment of both personalities and all that that can mean to the marriage.

6. Marriage is a 50-50 proposition. Marriage requires all that both people bring to it to assure its contentment and fulfillment.

7. I'm not marrying his family. Are you sure? Modern marriages are enhanced when there can be adequate adjustment with the members of both families. This is a good point to remember unless you want to make "outlaws" of your in-laws.

8. The family is the basic unit of society. Who says so? The individual is the basic unit of society, and marriage—with all of its complexities and intimacies—has to allow for that fact.

By beginning now to plan for marriage, you will be able to gain proper perspective by working through the basic adjustments of life. Your future marriage and the opportunities that will be yours as homemakers demand that you make adequate preparation now. There will be pressures and problems with which to cope, and the best way to deal with them is to plan ahead.

Opportunities unlimited? Certainly! The future is yours; and, CONFIDENTIALLY, IT'S UP TO YOU.

The Mother and Daughter Banquet of the **Corinth-Holders Chapter** (Johnston Co.) had as the theme "Erin Go Bragh" using decorations centered around Saint Patrick's Day — shamrocks, Irish hats, leprechauns, and golden buttercups. The program, planned by Marlene Fowler, was based on the FHA objectives for the year — America's "Beauty Is Our Duty," "Individuality Counts," and "Your Neighbors Near and Far." It included a monologue by Karen Lawson, jokes and take-offs by Gail Boykin and Shelia Johnson dressed as leprechauns, and "My Wild Irish Rose" by four FHA members. The Teen's Code of Living was presented by Gayle Hinton and members. Slides showing scenes of natural beauty and how it is abused were shown. The highlight of the year was packing boxes for the Corinth Holders' boys in Vietnam. Members divided into groups which met in homes for candy and cookie-making parties.

The **West Carteret Chapter** of Future Homemakers of America held their annual fall picnic at Morehead City Park with 100 members attending. The picnic



Picnic

was given by members for freshmen interested in joining the Chapter. The group enjoyed relay games and a scavenger hunt. Cheryl Weaver, daughter of Rev. and Mrs. Jack Weaver of Morehead City and song leader of West Carteret Chapter, was elected the nominee of District II for National Secretary.

"Wow, what a crowd!" was the cry as over 80 members, prospective and regular, crammed into the Home Economics Department of **Graham Chapter** (Alamance Co.) in September for an orientation to the coming programs of '67-'68. The evening's schedule included a skit on National Beauty, charts, and illustrations for each of the monthly programs. The faculty was invited. As a part of the initiation, new members sold Christmas cards. The card sales serve as a part of the major money-making project. The next meeting was a fashion show in which quality as well as aesthetic appeal was stressed. Some of the major points were cast instructions for different fabrics, construction on points for quality garments, and coordinating accessories with the outfit to create different effects. Mrs. Carolyn



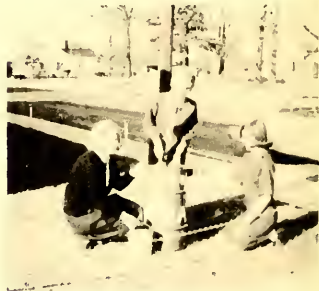
Sharpe of Moon's Fashion Shop in Graham presented the show. The show began with Cheryl Creech modeling a simple white dress. Mrs. Sharpe added a gold chain belt and further changed the appearance of the dress by adding a multicolored smoke ring to the neck; when the belt was taken off, the dress had a casual look suitable for a football game or dance. The weather is usually cold for a football game, so a sweater with the same weave was added. The smoke ring and sweater were removed, and yellow textured hose and a yellow scarf at the neck gave the dress that "school girl look." Betty Harden modeled a brown suede coat of high quality leather and appropriate design. Mrs. Sharpe pointed out that unlike most coats, if you want to hem it, you head for the glue bottle instead of the sewing machine. Another program centered around talents. Stressing talents as a large portion of being an individual, Debbi Jones and Ernestine Williams were recognized for their participation in the "Make-It-Yourself-With Wool Contest." They modeled their garments and displayed their creative talents. Sandra Harris and Rebecca Thompson led the FHA'ers in folk songs. Mrs. Brason, a member of the community, had a beautiful display of her hobby — china painting. Mrs. Rich gave a talk and exhibit on knitting. "Your Neighbors Near and Far" was

YOU TELL ON YOURSELF

You tell what you are by the friends you seek
By the way you employ your leisure time
By the use you make of dollar and dime
You tell what you are by the things you wear
By the spirit in which your burdens bear
By the records you play on the phonograph
You tell what you are by the way you walk
By the things of which you delight to talk
By the manner in which you hear defeat
By so simple a thing as how you eat
By the books you choose from the well-filled shelf
In these ways and more, you tell on yourself
So there's really no particle of sense
In an effort to keep up false pretense
AUTHOR UNKNOWN

the topic of the Christmas program. Milagros Seranno, a student of Graham High and a native of Cuba, told of Christmas in her homeland. A German woman talked about Christmas customs in her country. The club cheered our "neighbors near" by making fruit baskets and taking them to the elderly for Christmas.

The **Four Oaks Chapter** (Johnston Co.) has kept its 54 members busy this year, after the installation of its new officers. The chapter mothers chosen were Mrs. Ila Gilbert, Mrs. Mary Rose Grady, Mrs. Jean Denning, and Mrs. Nellie Westbrook. Leonard Cox is chapter brother. Some of the activities have been initiation of new members, working on degrees, and receiving \$36.25 for a fair exhibit at the Johnston County Fair. Premiums of \$7.75 were earned for foods preserved in home economics classes. The town of Four Oaks had a clean-up day in December, and everyone was invited to participate. The FHA provided three trash cans which were painted by Gail Gilbert, Laura Grady, and Carol Johnson. The background was



Four Oaks FHA girls joined the "clean up" day activities in Four Oaks by furnishing and painting trash cans. Left to right: Laura Grady, Carol Johnson and Gail Gilbert.

red, with white letters reading "Furnished by FHA." The girls were busy making Christmas stockings and filling them with small toys and "goodies" at Christmas. The stockings were taken to children at Johnston Memorial Hospital in Smith. Chapter members prepared baskets of clothes and food for a needy family in the community during the holidays.

FHA'ers at **Orange High School** have placed bird feeders in the court on the campus in cooperation with the project "Community Beauty Is Our Duty." The girls are enjoying this project and the feathered friends seem delighted. Bird feeders are inexpensive and easy to make, and the food is not expensive. Some of the feeders are large pine cones stuffed with a mixture of peanut butter, oatmeal, and a little molasses. Use molasses or syrup sparingly and add as much substance to the peanut butter as it will hold together. In addition to or instead of oatmeal, one

may use bread crumbs, chicken feed, grains of various kinds, etc. Some of the song birds love cake (un-iced, of course). Tin juice cans filled with drippings into which cracked grain, bread crumbs, meal, etc. have been stirred are excellent feeders. Place a long stick into the mixture on one side of the can and place in the freezer. After freezing remove bottom from can and push stick through to make a perch on either end. These may be painted green or black, hang horizontally with wire which can be inserted through the can if it is difficult to make holes in the can. Birds will meet each other as they eat through the can.

Every Future Homemaker knows that it is wise to plan ahead, and that is what the **Anderson Creek Chapter** (Harnett Co.) did. Gift ideas were displayed at a regular meeting. Chapter members were told to save liquid soap containers, pasteboard rolls (from aluminum foil, etc.), pasteboard spools, milk cartons for making candles, egg cartons, and other items. They were asked to have their Moms to share ideas, too. Each member made one gift to give to someone and one to sell to earn money for the FHA Chapter project — sending money to Madagascar to supply garden seeds.

Thirty-eight freshmen FHA members in the **Rock Ridge Chapter** (Wilson Co.) were put to a rigid test at the informal initiation ceremony in the Home Economics Department following a week of initiation in the true FHA manner reciting the purposes, creed, prayer song, and emblem benediction each time a big sister came near; cleaning home, school and community grounds to carry out the State project "Community Beauty Is Our Duty"; and doing good deeds for teachers, parents and big sisters. Each new member gave a special performance to entertain old members. To conclude the night of fun, State Degree Candidates served refreshments to seventy-five members and chapter mothers.

The **Benson Chapter** (Johnston Co.) won first place for its exhibit at the Johnston County Agricultural Fair held in Smithfield. "Steps To A Brighter



Steps to a Brighter Family Wash

Family Wash" was the theme for the exhibition. The display consisted of a clothesline arrayed with different pieces of clothing. A clothes basket was placed under the wash line filled with washed clothes. The steps, placed on a small step ladder beside the clothes basket, were as follows: careful sorting, proper washing temperature, sufficient washing product, adequate washing action, and thorough rinsing.

The Future Homemakers of **East Duplin Chapter** honored their parents at a Parent-Daughter Social on February 14, in the school cafeteria. A Valentine's Day theme was carried out with cupid and valentines. "FHA Opportunities Unlimited" adorned one wall in big red letters. As the social began, June Smith, President of the East Duplin Chapter of FHA, sang "The Lord's Prayer." After recognition of honorary members and school board members that were present, Beverly Maready introduced the speaker, Mr. Lauren Sharpe. Mr. Sharpe helped carry out the theme "Opportunities Unlimited" in his speech. He said that a person is limited only in his imagination, but if he feels limited he is already defeated. A person's will can determine what he will attain in life. He also told us that we shall overcome when we have the determination to do so. He discussed three types of love: (1) I will be your friend if you will be mine, (2) We will get along together if

we have a common cause. (3) I love you whether you love me or not. Mr. Sharpe closed his impressive talk with the thought that we are all looking forward to the day when young people will build a world superior to the one today. Mr. J. W. Boyette, Jr. then entertained by playing a medley of songs on the piano. The Parent-Daughter Social ended with refreshments being served and everyone talking and having fellowship.

On September 15, 1967, the Rocky Mount fairgrounds provided the setting for an interesting scene. If you had come upon it unexpectedly, you would have found it amusing. Blue-speckled girls, missing cars, missing girls, and washable paint that would not wash off were the pieces to this puzzle. What was this puzzle? The **Coopers' FHA Chapter** (Nash Co.) preparing their county fair booth. The beginning was a little hectic with all the girls arriving at different times. Finally, the background was painted and grass and trees were assembled to carry out the theme of the State project, "Community Beauty Is Our Duty." The exhibit won first prize of \$60 and the Norman Y. Chambliss, Jr. Award of \$25 for the best educational exhibit in the Fair. In October the Coopers' Chapter held their first official meeting, welcoming and initiating new members.

FHA'ers at **Southern Chapter** (Durham Co.) have carried out the project "Your Neighbors Near and Far" by filling Red Cross boxes with miniature games, pencils, crayons, soap, toothpaste and tooth brushes. FHA members visited the rest home and took small gifts to the patients and had a song festival at the conclusion of the program. During the year members have been saving games and toys from cereal boxes to send to needy children.

Beaver Creek Chapter (Ashe Co.) used the State projects as a basis for planning the year's program of work. "Your Neighbors Near and Far" inspired the girls to send "Joy Bags" to 35 servicemen from Ashe County that were stationed overseas. The "Joy Bags" were filled with stationery, ballpoint pens,



Guidelines for Wearing the Future Homemakers of America Pin

The pin contains two parts — the emblem and a guard. Active and associate members, advisers, honorary members and chapter parents may wear the pin. The guard indicates the type of membership.

The pin is worn over the heart on a dress or suit jacket. It is worn with the guard to the left of and on a level with the lower edge of the pin. No other pin should be attached to it because it shows membership in Future Homemakers of America.

Some chapters may recognize mem-

bers' personal growth through Degrees of Achievement. Participation in the degrees program is optional for members, chapters and states. As each of the degrees is received, the symbol indicating the highest degree is worn on the chain between the pin and the guard.

combs, cigarettes, religious reading materials, Kool-Aid, soap, razor blades, and chewing gum. The FHA'ers adopted Premalatha Gnamittra from Mysore, India. Individual members corresponded with Premalatha and learned she was 15 years old and interested in sewing and domestic work. Each member contributed a dime a month for sponsorship. To carry out the "Community Beauty Is Our Duty" project the girls have raised money to build a picnic area on the school campus with a table and a fence.

* * *

The **Clarkton Chapter** (Bladen Co.) sponsored "Personality Day" as initiation for new members. Each incoming member dressed and attended school as a well-known personality. The FHA Chapter gave a fashion show for the PTA featuring garments made in class. The second part of the program was a humorous, contemporary play, "The Case of the Missing Handshake." Clarkton's Colonel Irene Clark, retired 1967 Chief of the Army Nurses Corps, discussed with the Clarkton FHA Chapter the unlimited fields and rewards of nursing.

* * *

Martha Smith won first prize in the homemade cake division of the **Kernersville Junior High Schools Future Homemakers of America Club** (Forsyth Co.) contest. Her entry was an oatmeal cake. Second prize went to Nancy Everett with a graham cracker cake. Melissa Johnson won third place with a Scotch Chocolate cake. Donna Hall won first prize using a cake mix with a lemon supreme. Kitty Shields with an orange cake and Terry Pegram with a chocolate cake tied for second place. Teachers served as judges for the contest after which the girls cut their cakes and had a party. Beth Tartan, food editor of the Winston-Salem Journal came by to see the cakes in the contest.

Litter Bags Are Important In Our World Today

by Willa Howard,
Richlands Chapter (Onslow)

In our busy world today, many of us fail to recognize litter as a serious problem. However, did you know that over one hundred million dollars are spent annually for litter removal from public buildings, city streets, beaches, parks, other recreation spots and the countryside? Accumulation of this rubbish and litter fed over forty-two thousand building fires. Beyond the monetary cost, the property loss, and the destruction of beauty — litter is a health menace. It may provide the breeding grounds for disease carrying insects and rodents. Littered waters make it dangerous for swimming, fishing, and boating. Needless to say, litter prevention is a job for everyone, child and adult. Let children participate by decorating brown paper grocery bags for use in the family car. Encourage all age groups to dispose of litter in a proper container — whether at school, at home, or in a car. Let's put our litter prevention techniques to work, and we will be doing all that we can to keep our school, home, community, and countryside litter-free.

National Committeeman Involves Three Local FHA Chapters

"Forming Friends for FHA" is the National project that Miss Peggy Carter, Future Homememaker from Stedman High School and national committee member, was asked to carry out this year in North Carolina.

Two of the projects, "Your Neighbors Near and Far" and "Citizenship Challenges You," are combined in this national project. It is concerned with (1) working with other organizations on projects to improve family, community, and world situations and (2) to inform the public of the project and other FHA activities.

Hope Mills FHA and Stedman FHA in Cumberland County and Scotland Neck FHA in Halifax County have submitted their reports on the project.

Scotland Neck chose two projects: (1) Health, Land, and (2) Beautification. All the members participated in the projects and the chapter worked with the Girl's Monogram Club. The main project "School Beautification," and the remodeling of the living room in the Home Economics Department. They used various projects to raise money and are planning the color scheme and beginning to purchase their furniture. The chapter members are gaining experience in working together and accomplishing a goal. The chapter helped the school, and in doing so, helped themselves.

Hope Mills project is "Beautification—

Our Duty." Their sixty members cooperated with civic groups and a landscape architect. They landscaped the entire area around the homemaking cottage. All members worked to plant flowers and shrubbery and to build a fence. Their activities established good public relations and stimulated interest in FHA. The active members are assuming responsibility for caring for the grounds and learning different aspects of gardening.

The Stedman Chapter is participating in the "Vietnam Project." They have publicized FHA throughout the world by sending packages of homemade food, Kool-Aid, cigarettes, magazines, soap, and pens and pencils to Vietnam. They have also sent Christmas cards and Easter cards to soldiers in Vietnam. They received many letters from the soldiers expressing their appreciation for the chapter's concern and thoughtfulness. During FHA Week they publicized FHA by having a speaker discuss the Vietnamese people and their customs at the school assembly.

Through these projects, the Future Homemaker Chapters are relating functions and projects to the State, nation, and world. The members are gaining new and extensive experience in personal needs, aiding others, and gaining unity in working with others. These chapters feel that they are "Forming Friends for FHA."

In Memoriam

June 17, 1890-March 7, 1967

Mrs. Roger Laughridge . . .
State Honorary FHA Member—
Shelby . . . helped the young people she knew understand Brownie's words:

Grow old along with me!
The best is yet to be,
The last of life, for which the first
was made.

She was known as one of the best homemakers in Shelby. One of her greatest delights was her kitchen, and through culinary art, she was able to delight her many friends, young and old. In home economics classes the FHA girls enjoyed her demonstrations of cake and party foods. One illustration of her youthful ideas and exuberance was her appearance in one of the fashion shows wearing

a bathing suit she had used as a young girl. She also loved renewing friendships each year at the Pantry and Dairy Supplies Department she managed at the Cleveland County Fair for nearly 40 years.

Shelby's FHA projects were her projects and she gave the Winnie Laughridge Award to the most outstanding FHA member from Shelby Senior High School every year. The Laughridge family is now giving a silver bowl in Miss Winnie's name.

When she passed away, she left a sadness in hearts of the community that loved her. We can remember well the infectious grin she wore and the laughter she could bring in a moment's notice. . . . "Miss Winnie" is gone, but her spirit will always be with us.

1967-68 Degree Recipients

District I

Bath: Gloria Gayle Cutler, Dale Everett, Brenda Leggett, Jennifer Ross. Washington: Marjorie Phillips. Mattamuskeet: Debra Ballance, Phyllis Berry, Helen Gill, Virginia Harris, Mary Tunnell. Swan Quarter: Joanne Howard. Jamesville: Darlene Mobley. Chicod: Gaynelle Weatherly. West Carteret: Kathryn Ann Simmons. Jasper: Phyllis Y. Daley. East Duplin: June Carol Smith. Jones Central: Eleanor Falls, Susan Humphrey, Annette Lowery, Cecelia Simmons, Dale Strayhorn, Betty Wilson.

District II

North Lenoir: Martha Frances Casey, Brenda Jean Davis, Linda Humphrey. Richlands: Susan Edith Craft, Willa Anne Howard, Elouise Ervin Lanier. Atkinson: Carolyn Dale Barnes, Sylvia Jane Cromatic, Pamela Mae Russ, Rita Elaine Smith. Evelyn Carol Wells, Murdis Faye Woodcock. Burgaw: Juanita Ann Covil, Alice Faye Tew, Hazel E. Wallace, Mary Janet Wooten. New Hope: Karen Lou Wilson. Southern Wayne: Deborah Lynn Britt, Alice Herring, Wilma Holland, Sandy Raiford, Carolyn Yvonne Swinson, Dixie Whitman, Cassandra Wiggins, Lucama: Jane Daniels, Patricia Yvonne Ferrell. Lee Woodard: Paula Jean Batts, Deborah Davis, Vicky Irene Lamm, Linda Tyndall, Beth Vick. Rock Ridge: Joanne Barnes, Patsy Barnes, Teresa Bunn, Kathy Ellen Lamm, Susan Liles, Beth Mumford, Clara Suzette Rowe, Connie Skinner, Rose Annette Thorne.

District III

Bladenboro: Taressa Pait, Barbara Ann Rising, Sandra West. Elizabethtown: Linda Johnson. Tabor City: Sherri Wilson, Janelle Wray, Janette Wray. Whiteville: Myra Norris. Hope Mills: Carolyn Bralford, Patricia Louise Colyer, Joyce Faircloth, Lana Donna McNeill, Brenda Seyer, Karen Wade, Patsi Noel West. Massey Hill: Sue Brannon. Pine Forest: Gwen Bunce. Seventy-First: Betsy Jacobs. Stedman: Peggy Carter, Brenda Faircloth, Paula Huggins, Yvonne Hunter, Linda Simmons, Jackie Starling, Emilie Yvonne Warren. East Montgomery: Karen Kern. Aberdeen: Della Rosalie Sheppard. Rockingham: Ann Bell, Debbie Coan, Norma Gillis, Kay Hackney, Pamela Ann Kirby, Dianne Marston, Cynthia Morgan. Hobbton: Judy Lindsay. Roseboro-Salemberg: Janie Butler, Judy Faircloth, Beverly Hope Tyndall. Union: Kathryn Bowen, Belinda Lee Tutor, Linda Tutor.

District IV

J. F. Webb: Marjorie Cole. Coats: Sharon Kay Fish, Sybil Lamm, Linda Turlington. Erwin: Brenda Carol Suggs. Lillington: Mona Roberts Aiken, Marianna Hannon, Judith Catherine Johnson. Benson: Jean Benson, Kathy Benson, Patsy Byrd, Kay Creech. Clayton: Sharon Strickland, Jill Stanley. Four Oaks: Gail Gilbert, Laura Grady. Meadow: Janet Godwin, Sylvia McLamb, Trudy Weaver. Coopers: Patsy Baker, Sharon Gail Bass, Donna Kaye Batchelor, Joy Batchelor,

Rose Marie Daughtridge, Nadine Edwards, Carolyn Diane Land, Patricia Mae Little, Judy Faye Smith, Ann Winstead. Northern: Ina Andersen, Gail Luper, Phyllis Joanne Williams. Orange: Lois Latta, Brenda Walker, Zeb Vance: Nancy King, Bonnie Lavoie Pulley, Marjorie Pulley, Beverly Smith, Carol Ann Woodtief.

District V

West Forsyth: Lydia Gray Stewart. Asheboro: Karen Allen, Patsy Brown, Diana Burke. Gray's Chapel: Dawn Brown, Vivian Parris. Ramseur: Celeste Brady, Rebekah Foust, Jane Rankin. Seagrove: Louise Auman, Shirley Diane Cole. Pat Garner, Uretha Gillespie, Sandra Allison Graves, Rebecca Louise Gray, Pamela Slack Hodge, Jeannie Yow. Trinity: Vicki Gallimore, Karen Wood. Madison-Mayodan: Deborah Lynn Nelson. North Stokes: Gail Lyons. Shelby: Kathy Daves, Judy Davidson, Kathy Wilson.

District VI

South Mecklenburg: Marsha Gardner. South Stanly: Judy Clark, Tommie Hud-

District VII

Beaver Creek: Bonnie B. Campbell, Gwynita Yates. Unity: Nellie Tucker. East Rowan: Shirley Morgan, Sharon Shook. Boyden: Carol Lyerly. South Rowan: Russie Anne Watson. North Surry: Diane Amburn, Ginger Eades, Nancy Hawks, Bettie Mae Hodges. Surry Central: Lucy Hutchins, Brenda Gean Oakley. East Wilkes: Nancy Mathis.

District VIII

North Buncombe: Sandy K. Buchanan. Lee H. Edwards: Libby McFeeture, Becky Westall. Drexel: Linda McNeely. Hildebran: Anita Cooke, Deeatra Williams. Oak Hill: Cathy Braun, East Henderson: Barbara Elaine Case, Pat Johnson, Suzette Barnwell Owen, Helen Ownbey, Elizabeth Anne Ward, Lucille Ward. West Henderson: Judy McLean, Dianna Whitaker, Emily Wiggins. Camp Laboratory: Donnis Ann Hosler, Barbara Mincey. Marshall: Charlotte Paulette Shupe. Rutherfordton-Spindale: Betty Faye Camp, Leila Anne Humphries, Peggy Joyce McDaniel, Carolyn Warlick.

NORTH CAROLINA ASSOCIATION OF FUTURE HOMEMAKERS OF AMERICA

Operating Fund

Statement of Cash Receipts and Disbursements

Year Ended June 30, 1967

Cash Balance at July 1, 1966:

Petty Cash	\$.82	
Checking Account		21,297.21	
Savings Accounts		29,909.03	\$51,207.06

Receipts:

Memberships—31,880 @ 75¢	\$23,910.00	
Interest on Savings Accounts	1,520.65	
Deposits by Delegates for Expenses to 1967		
National Convention	4,975.00	
Sale of Red Plastic Portfolios	377.20	
Sale of Handbooks	4.00	30,786.85

Total Beginning Balance and Receipts\$81,993.91

Disbursements:

1966 National Convention Expenses	\$ 5,272.74	
1967 National Convention Expenses	8,606.04	
Refunds to Delegates to 1966 National Convention		
for Deposits in Excess of Expenses	1,653.56	
State Convention Expenses	2,546.39	
Executive Council and Board Meetings	269.38	
District Rallies	320.00	
National Affiliation Dues	7,970.00	
FUTURE HOMEMAKERS Magazines	7,586.01	
Postage and Supplies	1,082.79	
Accounting and Auditing	200.00	
Conference on Natural Beauty and Conservation	47.08	
Purchase of Red Plastic Portfolios	327.93	35,881.92

Cash Balance at June 30, 1967:

Petty Cash	\$.82	
Checking Account (Future Homemakers)		14,681.49	
Savings Accounts (Future Homemakers)		31,429.68	46,111.99

Savings Account (Camp Fund)\$41,398.23



Words of Inspiration

MORE THAN A WORD

The word peace has been printed billions of times, uttered in billions of prayers, spoken millions of times over the radio, and voiced thousands of times by every member of the human race in all languages of earth. And still we have wars.

It is high time to consider that peace is more than a word. It is more than a spot of ink on a piece of paper, or a sound on our lips.

Peace is everything that makes life worth living.

Peace is God on both sides of the table in a conference.

Peace is goodwill in action.

Peace is world wide neighborliness.

Peace is cooperation and teamwork; it is pulling with people instead of pushing them around.

Peace is sanity and common sense in human relations.

Peace is open-mindedness. It is willingness to listen as well as to talk. It is looking at both sides of a situation objectively.

Peace is patience. It means keeping our tempers, rising above petty irritations, taking the long look. It means keeping our shirts on and giving time a chance to work its magic.

Peace is having the courage and the humility to admit mistakes and take the blame when we are wrong.

Peace is tact and tact has been defined as the ability to pull the stinger of a bee without getting stung.

Peace is vision. It is being big enough to give up small individual advantages for the universal advantage of a warless world.

Peace is using the Golden Rule as a measuring stick in solving world problems.

Peace is the open hand instead of the clenched fist. It is tolerance and understanding toward men of every class, color and creed.

Peace is a thing of the heart, a radiant belief in the potential goodness and greatness of men. It is dynamic confidence that war can be abolished forever.

Peace is a thing of the heart as well as the head.

—*Masonic Journal of South Africa*

